

What is domestic violence?

The U.S. Department of Justice defines domestic violence as “a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.”

Who’s most likely to be a victim of domestic violence?

Domestic violence impacts individuals in every community regardless of age, race, gender, religion, economic status or educational background. But women are more likely than men to experience it.



About **1 in 4 women** and **1 in 10 men** have experienced sexual violence, physical violence or stalking by a partner.²

It can be:¹

Emotional

Psychological

Economic

Sexual

Physical

Technological

Is your relationship healthy? Ask yourself if you ever³ ...

- Yell at your partner
- Criticize or belittle your partner
- Act excessively jealous and/or possessive
- Ignore or put down your partner’s opinions and/or accomplishments
- Control where your partner goes
- Control your partner’s activities

Then ask yourself if your partner does these things to you.

If you’re experiencing domestic violence, or think you may be treating your loved ones in an unhealthy way, get help now. Call **Here4TN** at **855-Here4TN** (855-437-3486) or visit **Here4TN.com** to find out what resources are available to you. It’s confidential, so no one will know you called. If you’re in immediate danger, call 911.

Domestic violence is a big problem in Tennessee.

The state has the

5th

highest rate of women killed by men⁴

Women are **3x** as likely as men to experience domestic violence⁵

Along with physical threats, it can cause:

- Depression
- Anxiety
- Flashbacks
- Insomnia

69,385

domestic violence cases were reported in 2020⁵

Juveniles account for almost

10%

of reported cases⁵

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1. U.S. Department of Justice. Domestic violence. justice.gov/ovw/domestic-violence. Accessed December 21, 2022.

2. Centers for Disease Control and Prevention. #TakeAStand against domestic violence. cdc.gov/violenceprevention/featuredtopics/intimate-partner-violence.html. Last reviewed October 20, 2021. Accessed December 21, 2022.

3. HelpGuide. Domestic violence and abuse. helpguide.org/articles/abuse/domestic-violence-and-abuse.htm. Last updated December 5, 2022. Accessed January 10, 2023.

4. Violence Policy Center. When men murder women. vpc.org/studies/wmmw2019.pdf. September 2019. Accessed December 21, 2022.

5. Tennessee Bureau of Investigation. Domestic violence 2020. tn.gov/content/dam/tn/tbi/documents/2020%20Domestic%20Violence%20complete.pdf. March 2021. Accessed December 21, 2022.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.