



## Dangerous Family Secrets



It's been called *"the pandemic inside the pandemic."* According to the Centers for Disease Control (CDC), it impacts about 1 in 4 women and nearly 1 in 10 men. And it's a topic that no one really likes to talk about: **Intimate Partner Violence (IPV)**, also sometimes called *"domestic violence"* or *"family violence."* The CDC defines IPV as "a serious, preventable public health problem that affects millions of Americans. The term *"intimate partner violence"* describes physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse. This type of violence can occur among

heterosexual or same-sex couples and does not require sexual intimacy." Many research studies and public officials around the country note that IPV has been spiking throughout the pandemic, partly contributed to by increased isolation and stressors such as job loss and financial worries. Many victims of IPV are reluctant to talk about it or seek help due to fear or shame. It's a dangerous family secret that all-too-often stays hidden until serious injury or death occurs.

If you, a friend, relative or a person you care about might be in an abusive situation, learn more at our **Workplace & Intimate Partner Violence Center**. You'll find videos, articles, links and tools on this important topic. Learn about early warning signs, how to make a safety plan, and where to find shelters in your local area. If you are in immediate danger, call 911. Otherwise, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) or call your EAP.

Of course, not all serious family problems involve violence. You can login to [www.theEAP.com](http://www.theEAP.com) to explore topics related to interpersonal relationships, parenting, and family matters, or you can call the helpline for counseling or coaching to get help for any relationship problems or issues that you may experience.

## E-Learning Popular Picks

Check out a few popular picks from our 9,000+ E-Learning courses and trainings. Simply login at [www.theEAP.com](http://www.theEAP.com), click the "Training Center" icon and choose the "New & Improved Trainings" icon.

- **NEW! A Guide to Using Correct Gender Pronouns** | Course ID: **SVL\_1021209**  
7 minute video about using correct pronouns at work as a way to show basic respect to one another.
- **NEW! The Rookie Manager: 7 Barriers to Communication Burnout - Tips** | Course ID: **SVL\_1021136**  
8 minute video describing ways that miscommunications can occur, sometimes before you even begin speaking!
- **Test Your Phishing Recognition Skills** | Course ID: **SVL\_1020769**  
9 minute interactive lesson is designed to strengthen viewers' detection skills for phishing scams.

## Mental Health Matters

Your mental health is always important. Your EAP has a variety of excellent no-cost counseling services available to you and your family. **Simply call our toll-free number day or night – 800.252.4555.** All calls are answered by a counselor with advanced degrees and years of clinical experience.

**We also offer a library of over 9,000 online trainings.** Counselors regularly recommend these to help callers deal with underlying issues, such as financial management, conflict resolution, and stress management. These can help get to and resolve the root of the problem.

### Healthy Dates

- **October 3rd–9th – [Mental Health Awareness Week](#)**
- **October 7th – [National Depression Screening Day](#)**
- **October 10th – [World Mental Health Day](#)**

**SUICIDE PREVENTION  
LIFELINE — 1-800-273-8255**