

Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **DOMESTIC VIOLENCE AWARENESS MONTH**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health “Care Bravely” Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

This week's message is Domestic Violence Awareness Month. Let's raise our awareness and knowledge of the support available to help anyone in an abusive relationship. Check out the information below, courtesy of **Audrey Bergin, MPH, MA**, (*pictured below*) Founder & Manager, Domestic Violence (DOVE) Program at Northwest Hospital. Audrey is also Chair of the Baltimore County Domestic Violence Fatality Review Team and Coordinator for the Maryland Health Care Coalition Against Domestic Violence.



Domestic Violence, or intimate partner abuse, can impact anyone (people of all ages, all racial, cultural and religious groups, from any socioeconomic and educational background, gender identity and sexual orientation). While “violence” is immediately implied, there are other forms of abuse, including emotional, psychological, financial, sexual, and medical abuse. A partner who is abusive uses tactics such as isolation, minimizing and denying, threats and intimidation to control their partner. Barriers for leaving a relationship include fear, financial, shared children, cultural and religious beliefs and more. A person in an abusive relationship may experience injuries, medical issues, sleep problems, depression, anxiety, Post Traumatic Stress Disorder, and more.

There is help available! The DOVE Program at Northwest Hospital provides immediate crisis counseling, ongoing case management and advocacy, individual and group counseling for adults and children who witness, and legal services. We serve patients, community members and employees. The DOVE Program is no longer located directly in the hospital, which allows for greater privacy when seeking help.

DOVE Program: 410-496-7555 or reach out through the website:

<http://www.lifebridgehealth.org/Northwest/NorthwestHospitalDomesticViolenceProgram.aspx>

Baltimore County Domestic Violence 24/7 Hotline: 410-828-6390

Baltimore City Domestic Violence 24/7 Hotline: 410-899-RUTH

Maryland Health Care Coalition Against Domestic Violence:

<http://www.lifebridgehealth.org/Northwest/NorthwestHospitalDomesticViolenceProgram.aspx>

Maryland Network Against Domestic Violence: <https://www.mnadv.org>

