

TOPIC: ABUSIVE RELATIONSHIPS

Potential Signs of Abuse

- Unexplained bruises, cuts, burns or welts
- Easily startled
- Showing signs of depression, anxiety
- Low confidence
- Social isolation and monitoring calls with others

Impact on Your Work

- Poor decisions
- Distracted thinking

Six Ways to Help

1. Listen without judgment, solution or pressure
2. Take the abuse seriously
3. Offer practical assistance, such as rides to a safe place
4. Encourage them to make a go-bag with cash, important documents, keys, etc.
5. Refer to resources
6. Know that it is not as simple as, “Just leave” – all relationships have many moving parts

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



You can take active steps to protect yourself.