

Mental Health and Domestic Violence

Domestic violence affects more than physical safety. Ongoing stress, fear, and isolation can impact emotional wellbeing, relationships, and daily functioning.

Mental Health Effects Survivors May Experience

- Anxiety, depression, or trauma responses
- Difficulty concentrating, working, or caregiving
- Trouble trusting others or maintaining relationships
- Persistent fear, shame, or emotional distress
- Physical symptoms linked to trauma, such as headaches, fatigue, or chronic pain

Not everyone develops a diagnosis, but many survivors experience lasting changes in mood, stress response, and sense of safety after abuse.

How Abuse Can Target Mental Health

Domestic violence may include tactics meant to harm emotional wellbeing, such as:

- Telling someone their memories or feelings are wrong
- Keeping them from getting counseling or medical care
- Using their mental health against them
- Cutting them off from friends, family, or support

These tactics are forms of control, not personal failures.

Support and Healing

- Listen and believe what they share
- Help them [create a safety plan](#)
- Help them find counseling or advocacy services
- Support their right to make their own decisions
- Remind them of their strengths and what they have survived

If You Are in Immediate Danger

Call **911** right away.

You can also contact the **National Domestic Violence Hotline at 1-800-799-7233** or text **START** to **88788** for confidential support.

If you or someone you know needs mental health support, Wyandot BHN offers therapy, crisis services, and connections to community resources.