



Wellness Wednesday

Weekly health & wellness tips for Grand County.

Wait in the Truck

October is Domestic Violence Awareness month.

Domestic violence is often associated with bruises and marks society can see, but there's more beneath the surface. If you or someone you know is experiencing violence in any form, [Grand County Advocates](#) can help. Call their 24-hour help line at 970-725-3412 (always call 9-1-1 in an emergency).



Common signs of abusive behavior:

- Telling you that you never do anything right.
- Showing extreme jealousy of your friends or time spent away from them.
- Preventing or discouraging you from spending time with others, particularly friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Preventing you from making your own decisions, including about work or attending school.
- Controlling finances in the household without discussion, such as taking your money or refusing to provide money for necessary expenses.



Name calling is abuse.
Shaming is abuse.
Demanding passwords is abuse.
Controlling assets is abuse.
Coercing sex is abuse.
Humiliation is abuse.
Throwing items is abuse.

KNOW THE SIGNS



Invading privacy



Threatening pets



Constant criticism



Mind games



Sexual coercion



Blaming the bottle



Controlling money



Humiliation

COURTESY OF VIOLENCE FREE COLORADO



EVERY1KNOWSSOME1