



Should I stay or should I go now?

How to recognize unhealthy relationships and get out

PART IV

By Karin S. Ryan, Psy.D.
& Heather B. Trangsrud, Ph.D.

Why it's Hard to Leave...

- Abuse may slowly escalate so may not recognize it as abuse at first.
- Intimidation or threats (e.g., will hurt family).
- Lack of social support.
- Lack of finances or employment.
- Lack of housing.
- Guilt and shame.
- Mistrust of system.
- Fear.
- Stalking or increased abuse.

Preparing to Leave...

- Get professional support.
 - Counseling Services
 - Women's Center
 - SafeZone ally
- Get support from trusted co-workers, family, or friends.
- Develop a safety plan.

Document the abuse

- Copies of abusive emails/texts, save harassing voicemails, take pictures of bruises/marks, written statements from witnesses, report abuse to the police and press charges.

How to Get Out

- Go to a shelter or emergency room.
 - Manhattan Emergency Shelter – 537-3113
 - Women's Crisis Shelter – 539-2785
- KS Coalition Against Sexual & Domestic Violence
 - 1-888-END-ABUSE
 - <http://www.kcsdv.org/>
- Crisis Center, Inc.
 - Manhattan – 539-2785
 - Junction City – 762-8835
 - <http://thecrisiscenterinc.org/>



© All staff articles are used by permission of the respective author(s). Copyright belongs to the University Life Café. No part of this may be used without authorization.