

What's happening at Lewis County



Changing Lives ... One family at a time

Long Lasting Effects of Domestic Violence

The impacts of domestic violence are much more than isolated or chronic incidents of abuse. Many residual issues can arise for victims who were in, or witnessed abusive relationships. While victims work to become survivors, these long lasting effects remain well after the primary abuse ends. It's these internal scars that can linger the longest.

Damage that can occur in both adults and children:

Depression	Change in appetite
Change in sleeping habits	Panic attacks
Insecurity	Anxiety
PTSD	Self-blame
Muscle Tension	Dissociation

In addition, the situations children are exposed to may also have an influence on their future behavior. They have higher risk of being in an abusive relationship themselves; taking on either role of victim or abuser.

Adults and children who have been in or around domestic violence should seek help if they notice they have any of the issues listed above.

A support network of friends and family can be the help the victim needs to build a happy and healthy future. Counseling and therapy can be very beneficial in recovery also. The most important thing to remember is that victims should not have to endure this alone. There is help.

If you or someone you know is a victim of abuse please call the Victim Services Department at Lewis County Opportunities at: 376-8202 ext 4 or 376-4357 (HELP).

Has Opportunities helped you? Send your story to "News" at the address below.

Lewis County Opportunities, Inc.
8265 State Rte 812, Lowville NY 13367
(315) 376-8202

Monday - Friday: 8 am - 4 pm
www.lewiscountyopportunities.com

Opportunity Knocks Thrift Store
376-2981

24-hour Crisis Hotline
376-HELP (4357)