

# SIGNS OF AN UNHEALTHY RELATIONSHIP

## TIPS ON HOW TO HELP A FRIEND

Supporting a friend through an unhealthy or abusive relationship is hard. Your friend may not recognize their relationship as unhealthy or abusive at first. Even if/when they do, they may struggle to end the relationship or they may decide that ending the relationship isn't the safest or best option for them.

Abuse is about power and control, and one of the best ways to support a friend in an unhealthy or abusive relationship is to empower them to make their own decisions, provide support, and offer resources to help them regain their power and control.



It can be difficult to tell the differences between a healthy, unhealthy, and abusive relationship. Some warning signs that a friend may be in an unhealthy or abusive relationship are:

- Their partner puts them down in front of other people.
- They are constantly worried about making their partner angry.
- They make excuses for their partner's behavior.
- Their partner is controlling of their behavior and actions.
- Their partner is extremely jealous or possessive.
- They have unexplained marks or injuries.
- They've stopped spending time with friends and family.
- Their partner pressures them to do things, sexually or otherwise.
- Their partner has an explosive temper.
- They are depressed or anxious, or you notice changes in their personality.



If you know someone who might be in an unhealthy or abusive relationship, it may also be helpful to help your friend develop a safety plan.

### What is a safety plan?

A safety plan is a personalized, practical plan that includes ways to remain physically and emotionally safe while in a relationship, planning to end a relationship, or after a relationship has ended.

A Vassar Sexual Assault Response Team (SART) advocate can assist in creating a safety plan. SART Advocates can be reached by calling the Campus Response Center at (845) 437-7333.

### REMEMBER SELF-CARE!

We are best able to help others when we take care of ourselves.

# SEXUAL ASSAULT & VIOLENCE PREVENTION OFFICE RESOURCES

All services are available for individuals of any race, ethnicity, color, sex, gender identity, sexual orientation, religion, class, ability, citizenship and immigration status, and age.

## ADVOCACY & SUPPORT

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Center for Victim Safety and Support
  - Rape Crisis/Crime Victims: (845) 452-7272
  - Domestic Violence: (845) 485-5550

## REPORT ON/OFF CAMPUS

- Town of Poughkeepsie Police: 911 or (845) 485-3666
- NYS Police CSAVU: (844) 845-7269
- Vassar Safety & Security: (845) 437-7333
- Vassar Title IX Coordinator: (845) 437-7924

## FREE CONFIDENTIAL MEDICAL CARE

- SAFE Exam at Vassar Brothers Medical Center: (845) 454-8500
- SAFE Exam at Mid-Hudson Regional Hospital: (845) 483-5000
- Vassar Health Services: (845) 437-5800

## FREE CONFIDENTIAL COUNSELING

- Vassar Counseling Services: (845) 437-5700
- Center for Victim Safety and Support: (845) 452-7272
- Poughkeepsie Grace Smith House: (845) 452-7155

## VASSAR ACCOMMODATIONS (INCLUDING NO CONTACT ORDERS)

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Vassar Title IX Coordinator: (845) 437-7924

For more information,  
visit [savp.vassar.edu](http://savp.vassar.edu) or [eoaa.vassar.edu](http://eoaa.vassar.edu)