

Say NO to violence and abuse against Women and Children

The 16 Days of Activism for No Violence against Women and Children Campaign is a United Nations campaign which takes place annually from

25 November

(International Day of No Violence against Women) to

10 December

(International Human Rights Day).

Physical and sexual abuse

Physical abuse is the use of physical force against someone in a way that injures or endangers that person. Physical assault or battering is a crime, whether it occurs inside or outside of the family.



Emotional abuse: It's a bigger problem than you think

Not all abusive relationships involve physical violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often diminished or overlooked — even by the person being abused.

Economic or financial abuse: A subtle form of emotional abuse

Remember, an abuser's goal is to control you, and they will frequently use money to do so. Economic or financial abuse includes:

- Rigidly controlling your finances.
- Withholding basic necessities (food, clothes, medications, shelter).
- Preventing you from working or choosing your own career.
- Sabotaging your job (making you miss work, calling constantly).

If you suspect that someone you know is being abused, speak up! Keep in mind that expressing your concern will let the person know that you care and it may even save their life.



Where to turn for help:

**Contact Platinum Health's:
EAP Helpline 010 133 0525 or
Mental Health Services (MHS) 014 590 1700**