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[EDUCATIONAL PAGE \(/EDUCATIONAL-PAGE.HTML\)](#)    [INTERNSHIPS \(/INTERNSHIPS.HTML\)](#)    [MORE...](#)

## Educational Page



### Suicide Correlated with Domestic Violence

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Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. It can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. The behaviors that it includes are intimate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone. On average, 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. After everything the victim of domestic violence goes through, sometimes they think the only option they have left is suicide.



Suicide is the act of taking one's own life. There is also assisted suicide which is when someone helps someone else bring about their own death with advice or the means to the end, and suicidal idealization which is the thoughts of ending one's life but not making any active efforts to do so.

At some point in her life, one in three women is victimized by domestic violence. Only about half of domestic violence incidents are reported to police. Only thirty-four percent of victims with physical injuries seeks medical treatment. One in three women and one in four men have been victims of some form of physical violence by an intimate partner in their lifetime. One in five women and one in seven men have been victims of sever physical violence by an intimate partner in their lifetime. One in seven women and one in eighteen men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed. One out of every four women who are the victims of domestic violence attempt suicide.



Victims who experience domestic violence feel trapped and confused. The abuser may physically attack the victim, but also psychologically attack. Verbal attacks are used to gain control of the victim and ruin his/her self-esteem, self-confidence, and self-love. The abuser may want the victim to realize that he/she is at fault for the abuse. Victims of domestic violence may try to change their behavior, even though they are not at fault, because the abuse is just so bad and they feel hopeless, helpless, and confused. When in an abusive

relationship, there is nothing the victim can do to stop the violence. Being in an abusive relationship may result in the victim isolating themselves and becoming depressed, which could lead to thinking there is no other way out other than suicide.



If there are children in the household where the domestic violence is occurring, it could deeply affect the child/children. The child/children could feel too powerless and become depressed. This could lead to the child/children becoming a batterer when they grow up or the depression they are feeling from seeing the abuse could lead to suicide.



It is important to notice the signs of suicide so someone can help prevent it from happening. It is important to recognize who is going through a crisis because of domestic violence. Some of the signs of victims who might be thinking or wanting to commit suicide have an increased alcohol/drug use, acting recklessly, withdrawal, sleeping too much or too little, and being aggressive. Furthermore, the victim may talk about being a burden, feeling trapped, having no reason to live, and/or killing themselves. The victim may also be in a depressed mood, loss of interest, rage, irritability, humiliation, and anxiety. Knowing these signs are important in helping to prevent a victim from thinking their only option is suicide because they are domestically violated.

The number one prevention tip is to talk about it. Talking about suicide does not mean the person will go through with it. The second prevention tip is to watch for the warning signs. Do not be afraid to ask the victim if you see the warning signs. The third prevention tip is to speak up if you are worried. The fourth prevention tip is to respond quickly. Lastly, the fifth prevention tip is to offer help and support.

*love shouldn't hurt*

**References:**

<http://ncadv.org/learn-more/what-is-domestic-violence> (<http://ncadv.org/learn-more/what-is-domestic-violence>)

<http://ncadv.org/learn-more/statistics> (<http://ncadv.org/learn-more/statistics>)

<http://www.suicide.org/domestic-violence-and-suicide.html> (<http://www.suicide.org/domestic-violence-and-suicide.html>)

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