Leaving an Abusive Relationship

It can be very difficult to leave an abusive relationship, and people stay for many reasons:

• Love for the abuser
• Believing the abuse may stop
• Low self-esteem and low self-worth
• Fear of emotional or physical retaliation
• Fear your abuser may out you if you are LGBTQ
• Not having the resources to leave (money, car, etc.)

GET HELP

Whether you decide to stay or leave your abuser, help is available:

• Confidential Advisor: 618/453-4429
• Counseling & Psychological Services: 618/453-5371
• Women’s Center (off campus) 24 hour hotline: 800/334-2094