

Everyone has the right to be safe in their relationships.

Sometimes the nature of abuse makes it confusing to identify unhealthy relationship behaviors. You can learn more about the different characteristics of healthy, unhealthy and abusive relationships at [Love is respect.org](https://loveisrespect.org).

Domestic or Intimate Partner Violence is a pattern of abusive behavior that occurs between family members and/or intimate partners to gain power and control. It can take the form of physical, sexual, psychological, or economic abuse. Domestic violence impacts people from all backgrounds. And it doesn't stay at home. Like other workplace health and safety issues, domestic violence affects productivity, time/attendance, and health-care costs.

If you are a state employee who is experiencing interpersonal violence, you are not alone. The Kentucky Employee Assistance Program staff are available to talk confidentially with any employee experiencing domestic violence. They can connect you with local resources and guide you in safety planning. Here is a [planning checklist](#) you may find helpful. In addition, The Kentucky Coalition Against Domestic Violence offers information, support and resources statewide. Learn more at <https://kcadv.org/get-help-now>.



If you are a supervisor who suspects an employee is experiencing domestic violence, KEAP can consult with you on best ways to work with the employee and conduct workplace safety planning. Supervisors and Coworkers can read [this toolkit](#) for information on how to respond to an employee or co-worker in an abusive relationship.

It is vital that domestic abuse be seen as a serious and preventable problem and that those in need receive the support and resources that are necessary.