

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