Domestic Violence
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Domestic violence is physical, mental, sexual, or emotional abuse in an intimate relationship. It occurs when one person uses abusive tactics to gain power and control over a partner or former partner.

Domestic violence hits homes in every community. It has a devastating effect on victims, children, families, and communities.

If you are a victim, you can get help by calling the Alabama Coalition Against Domestic Violence crisis line toll-free, 24 hours a day at 1-800-650-6522. There are safe shelters across the state for you and your children, as well as many other services.

There is no excuse for domestic violence. If your spouse engages in one or several of the behaviors listed on this page, it may be an indication that you’re in an abusive relationship, and you should carefully evaluate your relationship and talk with a professional who can help.

Makes you feel like you’re walking on eggshells to keep the peace

Makes you feel like a prisoner in your own home

Yells at you frequently and calls you hurtful names

Is unpredictable or has sudden mood swings

Threatens you with violence

Breaks or hits things in your presence

Gives you hateful or threatening looks

Shoves, slaps, or hits you

Abuses your children

Keeps you from seeing friends or family

Hurts your pets

Follows you, spies on you, or shows up at your job, school, or friends’ homes

Listens to your phone calls or keeps you from using the phone

Is forceful with affection and/or sex

Accuses you of having affairs

Controls all the money and gives you little or none

Keeps you from getting or keeping a job

Pushed you to make a commitment before you felt ready

Has a history of battering in other relationships

Gets very angry or upset with you often and then apologizes with gifts, flowers, and promises

*Adapted from the National Coalition Against Domestic Violence.