



Domestic Violence Awareness Month 60 Sec PSA

October is Domestic Violence Awareness Month. Often overlooked and underreported, domestic violence is affecting victims, families, friends, and communities at a rate that's unfortunately expected to rise over the next 20 years. Simply put, if it affects one of us, it affects all of us.

Domestic violence – whether child abuse, intimate partner violence, or elder abuse – affects individuals of all ages and doesn't discriminate. If you know someone facing domestic violence, there are some ways you can help.

Be attentive. Be informed. Know the signs of domestic violence and don't ignore them. Be accessible. Support by listening without judging. Contact your local authorities or domestic violence shelter if you've witnessed an instance or instances of domestic violence or abuse.

Your actions as an ally in the fight against domestic violence can potentially save a life.

For more information and resources related to domestic violence, visit our website at Alabama-Public-Health-dot-gov.

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