



FORT GARRY WOMEN'S
RESOURCE CENTRE

Emotional Abuse: Fact Sheet

What is Emotional Abuse?

Like other forms of violence in relationships, emotional abuse is based on power and control. It may accompany other forms of abuse or occur on its own. No abuse--neglect, physical, sexual or financial--can occur without psychological consequences. All abuse contains elements of emotional abuse.

What Are the Different Forms of Emotional Abuse?

Rejecting: refusing to acknowledge a person's presence, value or worth; communicating to a person that she is useless or inferior.

Degrading: insulting, ridiculing, name calling and other behaviours that diminishes the dignity of the person.

Terrorizing: inducing terror or extreme fear in a person; placing or threatening to place a person in an unfit or dangerous environment.

Isolating: physical confinement or restricting normal contact with others; limiting freedom within a person's own environment

Corrupting/Exploiting: socializing a person into accepting ideas or behaviour which oppose legal standards; using a person for advantage or profit.

Denying Emotional Responsiveness: failing to provide care in a sensitive manner; being detached and uninvolved.

What Are the Effects of Emotional Abuse?

Emotional abuse can severely damage a person's sense of self-worth and perception.

An abused woman can feel: worthless, inadequate, crazy, hopeless, anxious, full of tension, guilty, ashamed, and thinking she can never do anything right, no matter what she does.

Where Can I Go For Help?

Fort Garry Women's Resource Centre 477-1123
www.fgwrc.ca/

North End Women's Resource Centre 589-7347
newc@mts.net

Pluri-elles Centre des Femmes 233-1735
www.pluri-elles.mb.ca

Teen Drop-In Clinic 947-1517
Women's Health Clinic
www.womenshealthclinic.org

A Woman's Place 940-6624
info@norwesthealth.ca

Walk In Teen Clinic 784-4090
Klinik Community Health Centre
www.klinik.mb.ca

Emergency 786-8686
Klinik Community Health Centre

Evolve 784-4070
Klinik Community Health Centre
www.klinik.mb.ca

Mount Carmel Clinic 582-2311
mtcarmel@mts.net

Immigrant Women's Counselling
www.norwesthealth.ca

940-2172

Ma Mawi Wi Chi Itata Centre
www.mamawi.com

925-0300

Provincial Domestic Violence Crisis Line

1-877-977-0007

If you suspect that someone you know is being abused, listen and be supportive. They are not to blame for the abuse. Tell them that what is happening is wrong and that no one deserves to be abused. Give them this article so that they will have the phone numbers to call for help and counselling.

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