

October is Domestic Violence Awareness Month

Domestic Violence Awareness Month is observed every October to raise awareness about relationship abuse, how to support survivors, and unite communities to end domestic violence.

Recognizing and Addressing Domestic Violence in our Communities

Your health, safety, and well-being are deeply interconnected. At Kaiser Permanente, we believe that emotional safety and physical security are foundational parts of total health. Because intimate partner violence (IPV) affects individuals across every demographic, background, and neighborhood, bringing awareness to this issue is a vital step toward healing and prevention.



Understanding the Impact

Domestic and intimate partner violence remains a widespread public health challenge, directly impacting communities across California and the Bay Area:

- **Lifetime and Recent Rates:** Statewide tracking indicates that approximately **35% of women and 31% of men** experience some form of intimate partner violence in their lifetimes.
- **Local Municipal Data:** Regional reports from Bay Area public health and family violence councils underscore that thousands of individuals seek crisis intervention and support services annually, with local law enforcement and community-based organizations handling thousands of domestic-related calls.
- **The Healthcare Connection:** Research from Kaiser Permanente highlights that routine screening in primary care and OB-GYN settings is critical. Studies show that proactive clinical screening helps bridge a vital gap, ensuring that individuals receive supportive resources long before a crisis escalates.

Support and Resources

If you or someone you know is experiencing domestic abuse or navigating an unsafe living situation, confidential help is available 24/7. You can talk privately with your Kaiser Permanente care team during any visit, or reach out directly to specialized community networks:

- **National Domestic Violence Hotline:** Call **1-800-799-SAFE (7233)** or text **"START" to 88788** (available 24/7, confidential, and multi-lingual).
- **Love is Respect (Teen & Young Adult Support):** Call **1-866-331-9474** or text **"LOVEIS" to 22522**.
- **Local Emergency Services:** If you are in immediate physical danger, always call **911** or your local police department.

Edward Kao, MD

Physician-in-Chief

Kaiser Permanente South San Francisco Medical Center