

JUNE 9TH, 2021



SAFE-T Newsletter



## Mental Health while Coping with an Abusive Relationship

For years popular pop songs have hit the charts with Labels such as “Love Hurts,” “Playing with Fire,” and “Gunpowder and Lead.” Those are just a few examples of some of our favorite songs, that we find ourselves singing along to in the car, shower, or while cooking a meal. If we really took a minute to listen to some of these lyrics being sung, we would hear the pain and underlying abuse being exposed behind some of these catchy tunes.

For victims of abuse, the experience they go through is much like that of a catchy pop song. The relationship starts off with a catchphrase and hook, and before they know it they are involved in a relationship that seems like the fairy tale they had always hoped for. Unfortunately, most abusers hide their own mental health issues and are oftentimes not brought to light until the victim has undergone abuse of some sort.

Studies have shown, not only is domestic violence and abuse a risk factor for psychological disorders, but women who have pre-existing mental health issues are more likely to be targeted by domestic abusers. Once a victim has undergone a traumatic experience of any sort, their mental health will absolutely be affected! Often times victims will start to parrot their abuser and mirror their abuser’s mental problems as their own. (Cont. Pg. 2)

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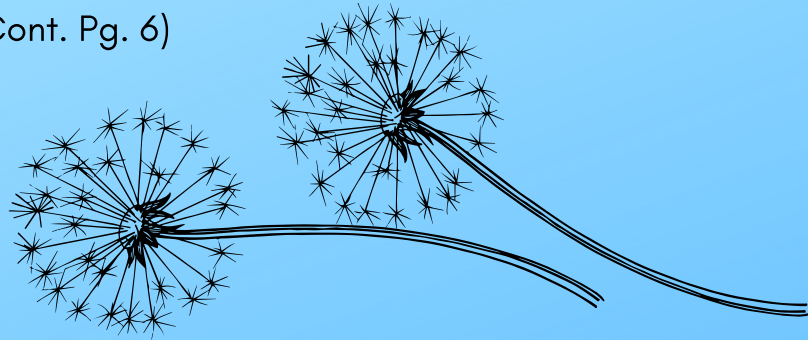
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(Cont. from Pg. 1) Some victims may say, "I never had these thoughts or problems until I met my partner and went through these experiences." Going through traumatic experiences can cause an array of mental illnesses, including depression.

Becoming educated on what victims of abuse go through physically, emotionally, and mentally is a key factor in being able to connect with these victims and assist them in a way that will be effective. Some victims come out of a relationship and may not know how to handle money, or how to do anything on their own, because they have been stripped of all independence for so long. When dealing with different scenarios of victims, it's important to remember that these victims are not all the same. (Cont. Pg. 6)



Available on  NOW!

Click [HERE](#) to watch and learn about "Online Safety Risks for Teens. What are they and what can you do?"

## Why does internet safety matter?

In 2020, the National Center for Missing and Exploited Children's CyberTipline received more than 21.7 million reports, most of which related to:

- Apparent child sexual abuse material.
- Online enticement, including "sextortion."
- Child sex trafficking.
- Child sexual molestation.

303,299 of those reports were from the public and 21.4 million were from electronic service providers. Source: NCMEC

Online enticement reporting increased by more than 97% in 2020. Online enticement is an individual communicating with someone believed to be a child via the internet with the intent to commit a sexual offense or abduction and includes crimes like sextortion.





## **Crisis Response Team Training**

Domestic Violence & Sexual Assault Volunteers needed at all SAFE-T locations: Mount Pleasant, Paris, Clarksville, & Sulphur Springs.

If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, training will be held on Zoom Wednesday, June 23rd, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: [mferguson@safe-tagency.com](mailto:mferguson@safe-tagency.com) to register.



ADVOCACY

# June is Elder Abuse Awareness Month



**TUESDAY, JUNE 15TH, JOIN US AND  
PUT ON PURPLE TO RAISE  
AWARENESS ABOUT ELDER ABUSE.**



**Is it elder abuse?  
Is it Domestic Violence?  
Is there a difference?**

Abuse in later life (ALL) is the willful abuse, neglect, or financial exploitation of an older adult that is perpetrated by someone in an ongoing relationship (e.g., spouse, partner, family member, or caregiver) with the victim. The term abuse in later life—used by the Office on Violence Against Women, the National Clearinghouse on Abuse in Later Life, and a number of domestic violence and sexual assault programs throughout the country—calls attention to the link between domestic violence, sexual assault, and elder abuse. (VAWnet)

**TOGETHER, WE CAN PREVENT AND ADDRESS ELDER ABUSE.**

(Cont. from Pg. 2) Not every victim of abuse has gone through the exact same type of abuse, therefore, the mental repercussions are different for each victim of abuse. Keeping that in mind, having resources on hand, such as certified counselors, ideas for crafts, and stress relieving exercises, are some good ways to reach out and offer assistance to these victims who are longing to regain their own mental sanity back once again.

Reminding victims that mental illness is not a personal failure, it is not something that they have done wrong. Keeping victims uplifted and giving them hope for their future is so very important not only for them but for their loved ones as well. Moving forward after an abusive relationship can be painful and may leave one feeling alone in their thoughts. Therefore, we must remind ourselves and those around us that taking care of our mental health is not a sign of weakness, but a sign of strength.

If you or someone you know needs help with domestic violence, please call us at **SAFE-T Crisis Center 903-572-0973** or call/text our **HOTLINE 903-575-9999**.



## Shelter Donations Needed!

Please drop off  
all donations at our  
Main Office at 204  
Patrick St. Mount  
Pleasant, TX or the  
Thrift Store at 1014  
West 1st St in Mt.  
Pleasant, TX

- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes



Call 903-572-0973 for  
more information.





## SAFE-T Thrift Store



1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

### We gratefully accept the following donated items:

- Gently used clothing
- Gently used shoes
- Gently used furniture
- Household items
- Appliances
- Pet items

- Books
- Toys
- Curtains and Drapes
- Electronics
- Lighting
- Home hardware

On every Wednesday, we have a storewide 20% discount for everyone over 55.

June 10th- 10% off store wide

June 11th- Spin The Wheel

June 12th- 15% off Storewide

June 14th- Shoes Are Buy One Pair Get A Second Pair Half Off

June 15th- 10% off storewide



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