

Dear Patient:

**YOU ARE NOT ALONE, IT'S NOT YOUR FAULT, AND HELP IS AVAILABLE.** At least one in three women will experience violence in a personal relationship during her lifetime, and an estimated 7 to 14% of women are currently in physically abusive relationships.

Kaiser Permanente can help. We have trained all of our doctors and nurses to screen for and identify domestic violence and offer support to you and your family. We care about this issue and offer a supportive environment where you can get help creating a safety plan, finding information, and resources. We are working closely with other community agencies to ensure that you receive access to psychological counseling, emergency housing, support groups, job training, and legal counseling.

Telling your doctor or nurse about the threats to your safety was the first step. Thank you for being so courageous and trusting us. Enclosed in this packet you will find information to help you with the next step – turning your life around. Please take a look at its contents. Keep talking to your provider and ask any questions you may have. Put the brochure in your wallet – you never know when you might need it or when you will be ready to make a change.

Remember there is life after domestic violence and you have started down that path.

Sincerely,  
The Kaiser Permanente Domestic Violence Task Force