

# CONNECTIONS BETWEEN RELATIONSHIP ABUSE & SUBSTANCE USE

There are different ways in which relationship abuse and substance use may be linked. If you notice that any of the patterns described below are present for you, please know that there are ways to get support and help!

## SUBSTANCE USE MAY INCREASE THE LIKELIHOOD OF RELATIONSHIP ABUSE OCCURRING

Both intoxication and withdrawal (e.g., hangovers) from substances can increase the likelihood that abuse will occur. This is, in part, because substances disinhibit people and may be associated with them acting more aggressively.

## SUBSTANCES MAY BE USED TO DEAL WITH RELATIONSHIPS AND RELATIONSHIP ABUSE

Substances can be used as a way to deal with or self-medicate the emotional and physical pain associated with being in an abusive relationship. However, substances can also make it difficult for a person to assess relationship safety or engage in a safety plan.

## PARTNERS MAY PRESSURE OR THREATEN ONE TO USE SUBSTANCES

Some partners may use coercion or threats to get their partner to use substances with or without them. In certain situations (like in the event of physical or sexual abuse if a person refuses to use the substance), it may be safer, in the short-term, for a person to use the substance. Similarly, some partners may threaten their partner if they try to seek help or treatment for their substance use.



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## PARTNERS MAY WITHHOLD SUBSTANCES

Some partners may intentionally withhold substances from their partner as a form of control or abuse (e.g., force a person to go through substance use withdrawal).

## PARTNERS MAY PRESSURE OR FORCE ONE INTO CERTAIN ACTIONS OR BEHAVIOR IN EXCHANGE FOR SUBSTANCES OR MONEY

Some partners may coerce or force their partner to engage in certain actions, like sex with other people, in order to get money or substances (i.e., human trafficking).

If you are experiencing any of these patterns with your partner(s), please know that you are not alone and there are ways to get help! Talk to your provider or seek out additional information and resources through the websites below.

### **RELATIONSHIP ABUSE RESOURCES:**

**[NATIONAL DOMESTIC VIOLENCE HOTLINE: CALL 1-800-799-7233](#)**

**[NATIONAL DOMESTIC VIOLENCE HOTLINE DIRECTORY OF LOCAL PROVIDERS](#)**

### **SUBSTANCE USE & MENTAL HEALTH RESOURCES:**

**[CRISIS LINE: CALL/TEXT 988](#)**

**[SUBSTANCE USE AND MENTAL HEALTH SERVICES ADMINISTRATION \(SAMHSA\)](#)**

**[FINDTREATMENT.GOV](#)**

**[BUPRENORPHINE PRACTITIONER LOCATOR \(FOR OPIOID USE\)](#)**

