

Mental Health Tip of The Month

Remember to check on the health of your relationships

**EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP.
DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY?**

Human beings are wired to connect.

Social relationships with family, friends, and romantic partners are an essential part of life. Research indicates that healthy relationships can increase life expectancy, promote healthy habits, and improve one's ability to cope with stressful life events.

Good quality relationships are imperative for emotional and physical well-being.

Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one person tries to exert control and power over the other.

Relationships may be defined in different ways depending on who's involved, but healthy relationships all depend on a few key elements: healthy communication, healthy boundaries, mutual respect, and support for one another. In healthy relationships, individuals check in with each other's needs regularly while also giving each other space and privacy.

SIGNS OF A HEALTHY RELATIONSHIP

- Open Communication
- Mutual Respect
- Sparks joy
- Allows you to be your authentic self
- Honesty
- Trust
- Healthy Boundaries
- Independence outside of the relationship
- Confidence in the relationship
- Equality

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP

- Feeling drained emotionally or mentally
- Controlling behavior
- Possessiveness
- Manipulation
- Isolation
- Constant stress
- Patterns of disrespect
- Belittling
- Guilt
- Volatility
- Betrayal
- Physical, sexual, mental, emotional, and or financial abuse
- Violence of any kind

Love should not cost you your peace.

If you are concerned that you are in an unsafe relationship please reach out for support.

Safe Horizon Domestic Violence Hotline: 1-800-621-HOPE (4673)
National Domestic Violence Hotline: 1-800-799- SAFE (7233) or text "START" to 88788
or
Hudson Guild Mental Health Counseling Services: (212)-760-9822