

# Talking Tazewell

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The Wellness Playbook

As you may remember, last edition we spoke about warning signs of domestic violence, the unique barriers survivors face while asking for help, and some myths and facts surrounding domestic violence.

This time, we're focusing on how domestic violence can impact mental health, how to best support someone who may be going through it, and what legal resources are available for those seeking safety and protection.

By learning more and looking out for one another, we can all play a role in creating a community where everyone feels seen, supported, and safe.

**the network**  
**ILLINOIS DOMESTIC VIOLENCE HOTLINE**

In 2024, the Illinois Domestic Violence Hotline answered

**59,704 CONTACTS**

providing crisis intervention and local resource referrals to anyone affected by domestic violence in Illinois.

**Call or Text**  
**877-863-6338**

Data Source: Measuring Safety: Gender-Based Violence in Illinois 2024, Volume 3, Illinois Domestic Violence Hotline

## LOCAL RESOURCES

Center For Prevention of Abuse (Peoria/Pekin) 309-691-0551

Freedom House (Princeton) 800-474-6031

Fulton-Mason Crisis Services 309-647-8311

Hearthouse (Eureka/Woodford County) 309-467-6101

Mid-Central Community Action (Bloomington/McLean County) 309-829-0691

Prairie State Legal Services 309-674-9831 (pro-bono legal services for those who qualify)

Peoria County Family Justice Center 309-676-4280

Peoria County Orders of Protection Office 309-672-6074

Tazewell County Orders of Protection Office 309-346-6645

Woodford County Orders of Protection Office 309-467-7345



### Impact on Mental Health

On average, more than half of the women seen in mental health settings are, or have been abused by an intimate partner. The three most common diagnoses experienced by survivors of abuse are post-traumatic stress disorder, depression and anxiety. Beyond the diagnoses, a person may experience long-lasting changes in memory, emotion regulation and cognition. It can present in ways like difficulties being productive at home/work/school, difficulties with caregiving, difficulty establishing and engaging in healthy relationships and adapting to change or coping with adversity. Experiencing domestic violence in childhood has significant detrimental impacts on children. Many of the ways we handle stress and navigate conflict as adults, stems from childhood when we learned our coping strategies from our parents/caregivers.

### How Can You Support?

- understand the cycle of abuse, how power and control operate within the context of abuse and how to help shift power back to those affected by domestic violence
- do not judge, shame or criticize the survivors' decisions
- offer to go with them to any appointments if they want support
- help them create a [safety plan](#)
  - help them store important documents or a “go bag” in case of emergencies
- respect their privacy and don't post about them or their whereabouts on social media

For more information about how to support someone experiencing domestic violence, visit [The National Domestic Violence Hotline](#)

### Know Your Rights

- [Address Confidentiality Program](#): provides a substitute address for victims of domestic violence, sexual assault, human trafficking and stalking. This prevents perpetrators from using publicly available documents to locate victims.
- [Crime Victims Compensation Program](#): offers reimbursement up to \$45,000 for expenses incurred by eligible victims as a result of a violent crime.
- [Safe Homes Act](#): provides protections for Illinois survivors of domestic violence or sexual assault who rent. For example, a victim can request to have locks changed or terminate a lease early following an event, without being penalized.
- [VAWA \(Violence Against Women Act\)](#): provides housing protections for individuals in subsidized units who have experienced domestic violence or other violent crime.
- [VESSA \(Victims Economic Security and Safety Act\)](#): allows individuals who are victims of domestic violence to take up to 12 weeks of unpaid leave without being discriminated or retaliated against by their employer.
- [VINE \(Victim Information and Notification Everyday\)](#): a free and secure way to access custody status including release and other updates regarding their offenders case information.

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HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

TWP@TCHD.NET