

Let's reach out
to each other.

Just a **smile**, a **hello**
or a **kind word** can
mean so much to
another person.



Love Shouldn't Hurt

Domestic Violence Awareness

According to the National Council Against Domestic Violence, 1 in 4 women and 1 in 9 men will experience physical violence by a partner during their lifetime.* The need for education and awareness of these disturbing facts continues.

The Hello Idaho! campaign is designed to address isolation and to help people stay connected. Say "Hello" to begin the conversation about how to stop the cycle of domestic violence, and where to find help if you or someone you know is trying to leave a violent relationship.

For more information or to request Hello Idaho! materials, visit optum.com/helloidaho or email idaho.communications@optum.com.

Visit the Idaho Coalition Against Domestic Violence and Sexual Assault at IDVSA.org or the National Council Against Domestic Violence at NCADV.org to learn more about how you can stop domestic violence.

*<https://incadv.org/statistics>

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