

# Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

## February is Teen Dating Violence Awareness Month

**Pensacola, Fla. (February 1, 2021)** – Adolescents who experience trauma such as teen dating violence are vulnerable to future violence in relationships. They also are more likely to suffer long-term behavioral and health consequences such as suicide attempts, eating disorders and substance misuse. Promoting awareness and prevention can help us break the cycle.

A teen may not realize what's happening. Share some warning signs of a potential abuser:

- Checking the teen's cell phone without permission
- Jealous behaviors and belittling remarks
- Explosive temper outbursts
- Isolating the teen from loved ones
- Mood swings and possessiveness
- Inflicting physical pain
- Telling the teen what he/she can or can't do

If a teen is the victim of dating violence, or any trauma, make sure the child feels safe. Report the crime to the police. Reach out to a mental health expert who can help navigate the discomfort and recovery process. The Centers for Disease Control and Prevention provides helpful resources on this topic at [CDC.org](http://CDC.org) and by searching "Teen Dating Violence." Other supports for increasing safety include:

- Lakeview Center Victim Services 24/7 helpline - 850.433.7273
- FavorHouse of Northwest Florida - 850.434.1177
- The National Domestic Violence Hotline - 800.799.SAFE (7233)
- National Sexual Assault Hotline 800.656.HOPE (4673).

"Remind the teens in your life that they deserve a violence-free relationship and if dating violence occurs, the behavior is not their fault," said Sweneda McDonald, LMHC Adult Outpatient Clinical Manager at Lakeview Center.

### CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or [Tish.Pennewill@bhcpns.org](mailto:Tish.Pennewill@bhcpns.org).

About Lakeview Center, Inc. Behavioral Health

*The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to [eLakeviewCenter.org](http://eLakeviewCenter.org).*

*Lakeview Center Inc. • Behavioral Health • Vocational Services • Child Protective Services*

###