

# FOR INFORMATION OR HELP

24 HOUR CRISIS LINE

651.227.8284

OR

STATEWIDE TOLL-FREE

1.866.223.1111



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Women's Advocates

588 Grand Avenue,  
Saint Paul, Minnesota 55102

[wadvocates.org](http://wadvocates.org)  
[facebook.com/wadvocates](https://facebook.com/wadvocates)

Admin 651.227.9966  
24 Hour Crisis Line 651.227.8284

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# ARE YOU OR IS SOMEONE YOU KNOW EXPERIENCING DOMESTIC ABUSE?

A LIFE WITHOUT ABUSE IS POSSIBLE

## NO ONE DESERVES TO BE ABUSED

**It can happen to anyone:** Domestic violence can be experienced by anyone, regardless of culture, gender, orientation, or economic status. Abusive behavior is oppressive and controlling, you don't have to be hit to be abused.

**Know your rights:** Abuse is often criminal. If a crime has been committed against you, you can call the police or inquire about how to file a complaint by calling Women's Advocates' 24/7 Crisis Line at 651-227-8284.

**What you can do if someone you know is in an abusive relationship:** Call Women's Advocates' 24/7 Crisis Line. It's anonymous and free. You can speak with an advocate who will understand: 651-227-8284. Here are things you can say if someone you know is in an abusive relationship:

- Talking about this must be really difficult.
- I'm sorry this is happening to you.
- No one deserves to be treated like that.
- I'm concerned about you.
- There are people out there who can help and give you information.
- There are a lot of women in your situation.
- If you want help for the person who is abusing you, we can work on that too.

**If you don't have a crisis but need help:** Women's Advocates is here to listen. Our 24/7 Crisis Line is staffed by professionals who can refer you to a counselor if needed, or we can offer advice on how to be as safe as you can in your situation. Call 651-227-8284.

## SIGNS OF AN ABUSIVE RELATIONSHIP

**Physical / Sexual Violence:** Unsafe behavior includes rape, reproductive control, use of force, humiliation, pain, hitting, pushing, slapping, choking, kicking, scratching, pinching, hair pulling, or use of weapons.

**Intimidation, Threats, and Control:** A controlling partner makes all the decisions, issues orders and commands, coerces to do something against one's will, threatens, smashes, destroys property, hurts pets, or displays weapons. It is not safe when a partner threatens to leave, commit suicide, or take the children as a way to exert control.

**Emotional Abuse and Isolation:** A controlling partner will use the following as control devices: name calling, mocking, sarcasm, humiliation, creating shame or guilt, mind games, controlling contact with others, monitoring through technology, or prohibiting certain behaviors.

**Minimizing, Denying, and Blaming:** An unhealthy partner may make light of abusive behavior, saying abuse didn't happen, or saying others caused the abuse.

**Economic Abuse:** A controlling partner may prevent independence through limiting employment, taking money away, controlling information about and access to money, or by giving 'allowances'.

## PLANNING FOR YOUR SAFETY

**Safety in the Home:** If you and your abuser get into a fight, move to a room that has a phone, outside door, or window. Stay away from the bathroom, kitchen, or weapons.

**Phone Numbers, Get Away Bag:** Keep a shelter's number, an old cell phone, or a calling card on you for emergency phone calls. Leave money, a set of keys, copies of important documents, and clothes with someone you trust so you can leave quickly.

**Children, School and Daycare:** Talk to your children about your safety plan and what to do if they see your abuser. Teach them about 911. Tell your children's care provider who can pick up your children.

**Order for Protection:** Always keep your protection order with you. Make extra copies to keep in your car, at work, in your bag or wallet, and at your children's daycare or school.

**Family, Friends, Work:** Tell trusted family, friends, neighbors, and your boss if you have a protective order. Have someone walk you to your car or bus. Plan for what you would do if your abuser follows you.

**Women's Advocates Can Help:** Our 24/7 Crisis Line can offer connections to legal resources, and our team can provide crisis intervention or connect you to safe shelter. Call us anytime at 651-227-8284 to talk to someone confidentially.