Domestic/Intimate Partner Violence: Finding Safety and Support

It Can Happen To Anyone
Each year, domestic/intimate partner violence affects millions of people in the United States, most often women. It can happen to anyone, regardless of gender, employment or education level, race or ethnic background, religion, marital/relationship status, physical ability, age or sexual orientation. Remember, you are not alone!

It Is Not Your Fault
If you are being abused by your partner, you may feel confused, afraid, angry and/or trapped. All of these emotions are normal responses to abuse. You may also blame yourself. But no matter what others might say, you are never responsible for your partner’s abusive actions. Batterers choose to be abusive. No one deserves to be battered.

Find Support – Help Is Available
Developing a support network can be very helpful as you plan for safety. Support is available, whether it is from friends, family, colleagues, women’s and community groups, religious organizations or service providers (such as legal, health and counseling centers) that can provide a variety of resources, strategies and assistance with planning for your safety.
There are organizations that provide free and confidential help. Please see the community resources on the back of this flier.

What is domestic/intimate partner violence?
Domestic/intimate partner violence, or battering, is a pattern of abusive behaviors that some individuals use to control their intimate partners. Battering can include physical, sexual and emotional abuse, and other controlling behaviors. The following questions may help you decide whether you are being abused.

Does your partner ever:
• Hit, kick, shove or injure you?
• Use weapons/objects against you or threaten to?
• Force or coerce you to engage in unwanted sexual acts?
• Threaten to hurt you or others, have you deported, disclose your sexual orientation or other personal information?
• Control what you do and who you see in a way that interferes with your work, education or other personal activities?
• Constantly criticize you, call you names or put you down?
• Deny your basic needs, such as food, housing, clothing, or medical and physical assistance?

If you answered “yes” to any of the above, it may be time to think about your safety.
Access Resources — Take This Important Step

There are many places that offer 24-hour support, emergency shelter, advocacy, and information about resources and safety options for you and your children.

For assistance, call:

- **Emory Faculty Staff Assistance Program**
  404-727-4328 or 404-727-WELL, efsap@emory.edu, www.fsap.emory.edu

- **For help in an emergency safety situation:**
  Clifton Campus: Call Emory Police Department at 404-727-6111 or 911.
  Emory University Hospital Midtown: Call EMORY HEALTHCARE Public Safety at 404-686-4357 or 911.
  All other EMORY HEALTHCARE locations: Call 911.

- **For non-emergency assistance/guidance:**
  Emory Police Department: 404-727-6115
  EMORY HEALTHCARE Public Safety: 404-686-2597

- **Georgia Coalition Against Domestic Violence:**
  1-800-33.HAVEN (1-800-334-2836) V/TTY, [http://gcadv.org](http://gcadv.org)

- **Men Stopping Violence**
  404-270-9894, [http://www.menstoppingviolence.com](http://www.menstoppingviolence.com)

- **National Domestic Violence Hotline**
  1-800-799-SAFE (7233); 1-800-787-3224 TTY (Assistance available in more than 140 languages.)

Planning For Safety

Without help, domestic/intimate partner violence often continues to get more severe over time. It can sometimes become deadly.

To increase your safety:

- **Contact a resource and develop a safety plan.**
- **Identify individuals you can trust and tell them what is happening.** Whether it is a supervisor, co-workers, friends, family or neighbors, talk about ways they can help.
- **Memorize emergency numbers** for the local police (911), support persons and crisis hotlines.
- **Identify escape routes and safe places to go** if you need to flee quickly.
- **Talk with your children** about what they should do if a violent incident occurs.
- **Put together an emergency bag** with money/checkbooks; extra car keys; medicine; and important papers, such as birth certificates, social security cards, immigration documents and medical cards. Keep it somewhere safe and accessible, such as with a trusted friend.
- **Trust your instincts** — If you think you are in immediate danger, you probably are. Get to a safe place as soon as you can.

*Content for this flier was taken from a brochure that was part of a series developed by the Public Education Technical Assistance Project of the National Resource Center on Domestic Violence.*