

Help is available

Call your local program to see what support services are available in your area. Below is a partial listing:

- 24 Hour Hotlines
- Emergency Shelter
- Legal Advocacy and Support
- Help Accessing Social Services
- Individual and Group Support
- Support for Children Who Witness
- Groups for Young People
- Hospital Advocacy and Support
- Information, Education and Referrals

Visit the Network website to learn more about services and link to your local program.

www.vtnetwork.org

Where can I find support?

Call our 24 hour domestic violence hotline to be connected to the closest crisis center:

1-800-228-7395

or contact your local member program through their direct numbers below:

AWARE,	
Hardwick	802-472-6463
Battered Women's Services and Shelter,	
Barre	877-543-9498
Clarina Howard Nichols Center,	
Morrisville	802-888-5256
New Beginnings,	
Springfield	802-885-2050
PAVE,	
Bennington	802-442-2111
Rutland County Women's Network,	
Rutland	802-775-3232
Safeline,	
Chelsea	800-639-7233

Sexual Assault Crisis Team

Barre 802-479-5577

Umbrella,

St. Johnsbury 802-748-8645

and Newport 800-224-7837

Voices Against Violence,

St. Albans 802-524-6575

WISE, (Women's Informational Service)

Lebanon, NH 866-348-9473

WomenSafe,

Middlebury 802-388-4205

Women Helping Battered Women,

Burlington 802-658-1996

Women's Crisis Center,

Brattleboro 800-773-0689

Women's Rape Crisis Center

Burlington 802-863-1236

Other Important Numbers:

Deaf Vermonters Advocacy Services

TTY Support Line: 800-303-3827

SafeSpace Support Line: 866-869-7341

(toll free number for LGBTQ survivors of violence)

Call Vermont's 24 hour
Toll Free Hotline to be
connected to the nearest
Domestic Violence Program:

1-800-228-7395

(1-800-ABUSE-95)

or contact your local Network
member program directly

**Vermont
Network**

Against Domestic and Sexual Violence

PO Box 405, Montpelier, VT 05601
(802) 223-1302; www.vtnetwork.org



*If someone in
your life is
hurting you...*

you are not alone.

How do I know if I am being abused?

Has your partner been ... *Emotionally abusive?*

- Ignored your feelings?
- Humiliated you in private or public?
- Continually criticized you, called you names, and/or shouted at you?
- Kept you from working, controlled the money, made all the decisions?
- Insulted, driven away or kept you from your friends and family?
- Withheld your medication or prevented you from accessing services?
- Destroyed your possessions, household items, car?
- Criticized your children? Your parenting?
- Threatened you or made you feel afraid?
- Blamed you for his/her actions?

Sexually abusive?

- Pressured or forced you to have sex when you did not want it?
- Pressured or forced you to do sexual things that you were not comfortable with?
- Criticized you sexually? Called you names like “whore” or “frigid”?
- Withheld sex and affection as a way to punish you?

Physically abusive?

- Pushed, grabbed, slapped, or bit you?
- Kept you from leaving or calling for help?
- Thrown objects at you?
- Hit, punched, kicked, or strangled you?
- Hurt or threatened you with a weapon?

*If someone in your life is hurting you or someone you know...
You are not alone.
Help and information is available.*

It is not your fault.

Nobody deserves to be abused. Abuse in a relationship happens when one person uses his/her power to control the other. Abusers have learned that their tactics are effective.

If your partner is abusive, you cannot stop the abuse—only the abuser can stop it. Alcohol or drugs do not cause your partner’s behavior, but can make it worse.

People who abuse a partner usually continue and get worse over time.

Abuse can happen to anyone.

Abuse in intimate relationships can happen to people with disabilities, older people, teens, people in opposite-sex relationships and same-sex relationships, and to people of any income level, race, class, ability, gender and sexual identity.

To talk about your options and get information and help with safety planning, call our 24 hour domestic violence hotline: 1-800-228-7395

What can I do?

Find support for yourself...

- Talk to an advocate, counselor or someone you trust.

Make a safety plan...

- In case you need to leave quickly, hide an ‘emergency kit’ in a safe place. Include money, important papers like birth certificates and phone numbers, keys, medicine, and other essentials.
- In a violent situation, avoid rooms without exits or with potential weapons such as kitchens and bathrooms.
- Arrange a signal with a neighbor or friend to let them know when you need help such as using a code word or flashing a light.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.

What about calling the police?

Any abusive behavior can be harmful, some kinds are against the law. If your partner is hurting or intimidating you, the police may be able to arrest him/her. If you have any questions about calling the police, you can call our anonymous hotline to learn more.

In an emergency, you can call 911.

Should I get a Relief From Abuse Order (RFA)?

If your partner has hurt or intimidated you, you may qualify for a Relief From Abuse Order (sometimes called an RFA, APO, or ‘Restraining Order’). An RFA:

- Is a civil (not criminal) process.
- Orders him/her to stop abusing you.
- Can order him/her to stay away from you, your home & work.
- Is available 24-hours/day through family court or law enforcement.