

Recognizing the Signs of Domestic Violence and Where to Get Help www.metcouncil.org

THE SIGNS

Some signs of domestic violence and abuse are more serious than others, but most signal a problem.

Does your partner ever...

1. Try to control what you do and who you see?
2. Isolate you?
3. Control your access to money?
4. Make you feel worthless?
5. Stalk you, including calling you constantly or following you?
6. Accuse you of being disloyal?
7. Intimidate and threaten to hurt you or someone you love?
8. Pressure or force you to do things you are uncomfortable with?
9. Hurt you by hitting, choking or kicking?
10. Threaten to hurt themselves if they don't get what they want?

YOU ARE NOT ALONE

If you suspect that you or someone you know is in an abusive relationship, you are not alone. No community is immune to family violence. There is help in your community.

If you suspect you are experiencing control or abuse in your relationship remember...

- You are not alone.
- You are not to blame.
- You do not deserve to be treated this way.
- You have rights.
- You can get confidential help.

If you know someone who is experiencing relationship abuse...

- Get information.
- Get resources.

GET HELP

Met Council Family Violence Services:

(212) 453-9618

Monday- Thursday 9am-5pm, Friday 9am-2pm

This program offers holistic services to victims including safety planning, case management, and supportive counseling.

Shalom Task Force:

(888) 883-2323 or (718) 337-3700

This hotline specifically serves the Jewish community and provides guidance, support and referrals to victims of domestic violence.

New York State Coalition Against Domestic Violence: (800) 621-HOPE

This hotline helps all victims and can help someone find shelter and services to obtain safety.

Safe Horizon:

Learn precautionary steps to hide your Internet activities and tracks from your abuser.

www.safehorizon.org

All services are confidential

In case of an emergency call 911

