

Signs Someone Might be Abused:

- Visits with family and friends are rare – there is usually an excuse as to why they can't make it.
- When they do visit, the partner seems to be hovering over them all the time, or the partner is constantly calling or texting them.
- They seem to have frequent accidents or illnesses.
- They often say things like, "She doesn't like for me to do that." Or "He doesn't want me to work."
- They seem to have constant money problems.
- They no longer do activities they enjoy.
- They seem reluctant to talk about anything personal or about their family life.

"I wish I would have broken up with her the first time she called me stupid. I see now she was trying to control every part of my life, to keep me afraid of changing things. It's taken a lot to realize that I deserve better in life."



Helping Someone in an Abusive Relationship

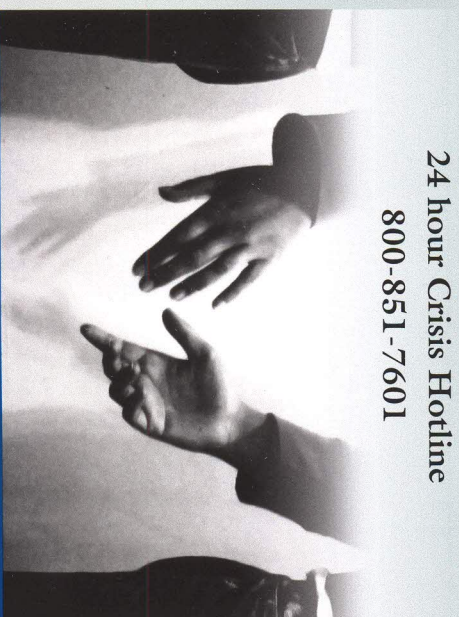
Additional DOVES Services *(in English and Spanish)*

- Individual counseling
- Support groups
- Parenting classes
- Legal advocacy
- Restraining order assistance
- Court accompaniment
- Social services advocacy
- Emergency room visits
- Emergency food and clothing for victims of domestic violence
- Educational information



24 hour Crisis Hotline

800-851-7601



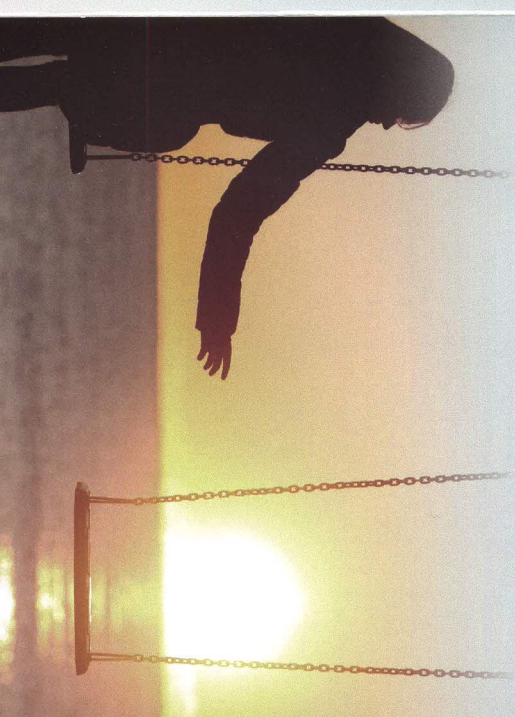

DOVES
A Place of Hope
Domestic Violence Education & Services

doves4help.org

Big Bear
Outreach Center
41943 Big Bear Blvd
PO Box 3646
Big Bear Lake, CA 92315
909-866-1546


DOVES
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Domestic Violence Education & Services

Helping Someone in an Abusive Relationship



Hotline for Help (Anytime): 1.800.851.7601

Living Violence Free.

The breaking point in an abusive relationship is different for every individual, but the day usually comes when a victim decides they can no longer take the physical and emotional abuse. It may be after the first assault or the fiftieth.

Everyone has the right to feel safe and comfortable in their home. When a victim decides what actions they wish to take, it is important that they understand there is a support system available to them.

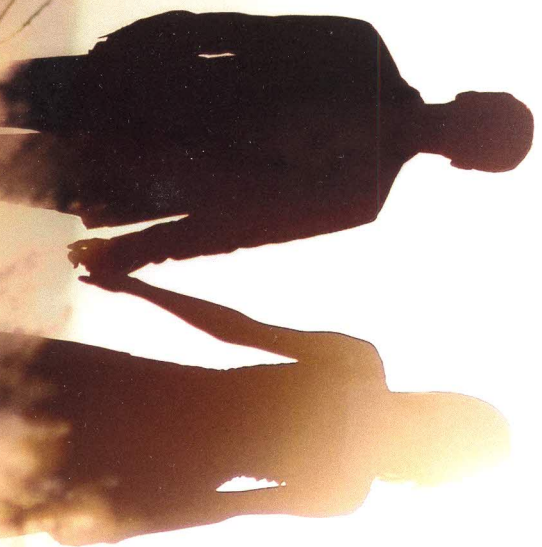
As a friend or family member, encouragement and understanding is a great gift you can offer them. Often a victim is afraid to tell their experiences. It is important that you believe them. Many times victims of abuse are not believed because the abuser is seen as charming and well thought of in their community or circle of friends. Encourage them to get help, whether it is in the form of counseling, support groups or calling the hotline. It is a difficult situation and they need all the help they can get.

On average a victim of abuse will return to their partner 5 to 7 times before they leave for good.

"I am so grateful for the hotline. I talked to them for months before I left. It helped me to know I wasn't the only one going through this. They helped me believe in myself. They'd tell me, 'You can do it!'"

What You Can Do?

- Encourage them to talk - let them know you want to listen.
- Let them know it's not their fault - they didn't do anything to deserve to be hit, put down or called names.
- Encourage them to call a domestic violence hotline or go for counseling.
- Let them know they cannot change the abuser, no matter what they do.
- Don't get impatient or frustrated. It sometimes takes months or years before the abused person leaves.
- Don't turn your back on them if they do leave and return to the abuser. Family violence is a very difficult situation and hard to understand. Keep supporting them!
- Assure them they are not alone. There is help available.



Readiness Kit for Leaving.

(Show this to your friend)

Keep the following items in a bag ready to take with you:

- Money, checkbook, credit cards
- Keys to house and car
- Driver's license or ID
- Car registration and pink slip
- Medical records
- Social security cards
- Green cards
- Birth certificates
- Medications
- Police and hospital reports
- Address book
- Lease, rental agreement or house deed

"Tension would slowly build up and I knew what was coming. Afterwards, it was all hearts and flowers. I wanted to believe things would really change this time. We kept promising it would never happen again. Yet it did, over and over again. I know it's a cycle and it will keep happening until I get help."


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