

Domestic violence defined

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse, technological abuse or financial abuse.

Victims are left feeling scared, confused, dependent and insecure about their ability to survive on their own, financially or otherwise. The children of an abused parent must contend with these same fears and realities.

Signs of an abusive relationship

Abusers use a variety of methods to control, intimidate and isolate their victims, including:

- Stalking and harassment, such as following you or coming to your home or work uninvited
- Economic control, such as refusing to give you money or preventing you from working
- Physical violence, such as pushing, slapping or hitting
- Being overly jealous about your relationships with others and preventing you from seeing family or friends
- Disrespecting you or calling you names in front of others
- Controlling means of communication, such as your phone or computer
- Threatening you, your children or your pets
- Forcing you to have sex when you do not want to

A 2010 STUDY SHOWED THAT
95% OF SURVIVORS
WHO SOUGHT ASSISTANCE FROM THEIR
LOCAL DOMESTIC VIOLENCE AGENCY WERE
MORE KNOWLEDGEABLE
ABOUT PLANNING FOR THEIR SAFETY
AND MORE HOPEFUL
ABOUT THE FUTURE.

CONFIDENTIAL, SAFE, AND FREE SERVICES ARE AVAILABLE
24 HOURS PER DAY, 7 DAYS PER WEEK ACROSS THE
STATE. CALL THE STATEWIDE HOTLINES OR YOUR LOCAL
DOMESTIC VIOLENCE ORGANIZATION TO LEARN MORE.

**The Umbrella Center for
Domestic Violence Services**
Ansonia | (203) 736-9944
New Haven | (203) 789-8104

The Center for Family Justice
Bridgeport | (203) 384-9559

Women's Center of Greater Danbury
Danbury | (203) 731-5206

**Domestic Violence Program
United Services, Inc.**
Dayville | (860) 774-8648
Willimantic | (860) 456-9476

The Network
Enfield | (860) 763-4542

**Domestic Abuse Services
Greenwich YWCA**
Greenwich | (203) 622-0003

Interval House
Hartford | (860) 527-0550

Chrysalis Domestic Violence Services
Meriden | (203) 238-1501

New Horizons
Middletown | (860) 347-3044

Prudence Crandall Center
New Britain | (860) 225-6357

Safe Futures
New London | (860) 701-6000

Domestic Violence Crisis Center
Norwalk | (203) 852-1980
Stamford | (203) 588-9096

Women's Support Services
Sharon | (860) 364-1900

Susan B. Anthony Project
Torrington | (860) 482-7133

Safe Haven of Greater Waterbury
Waterbury | (203) 575-0036

**DOMESTIC VIOLENCE
STAYING SAFE**

STATEWIDE DOMESTIC VIOLENCE HOTLINES

888.774.2900 (ENGLISH)

844.831.9200 (ESPAÑOL)

CONFIDENTIAL, SAFE, FREE

www.ctcadv.org

Your safety is our priority.

Dealing with an abusive relationship is not easy. Many victims love their abuser and rather than see the relationship end, you may just want the abuse to stop. Whether you plan to stay or leave, our certified domestic violence counselors can help you explore different options for staying safe. They will take your lead - you get to decide what works best for you.

Services provided by our members

Our 18 member organizations serve nearly 40,000 victims per year. They provide the following confidential and safe services free of charge:

- 24-hour hotline with access to certified counselors
- Safety planning
- Emergency shelter and transitional living
- Counseling
- Support groups
- Criminal and civil/family court advocacy
- Information & referral
- Community education

Heightened risk

Abusive behaviors can often escalate over time, putting victims at increased risk. There are some common risk factors that indicate an abusive relationship might be getting worse:

- You have recently left, separated from or divorced your abuser
- Physical violence has increased in frequency or severity in the past six months
- Your abuser has used or threatened to use a weapon against you
- Your abuser has threatened to kill you or your children or you believe that your abuser might try to kill you
- Your abuser has a gun or can get one easily
- Your abuser has tried to choke you
- Your abuser is constantly jealous
- Your abuser controls most of your daily activities

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Things you can do to increase your safety

If you are being hurt or controlled by someone you love, make plans and take precautions to stay safe.

- Talk to someone you trust - family member, friend, co-worker, clergy member or doctor
- Call the statewide hotline at 888.774.2900 (English) or 844.831.9200 (Español) to speak with a certified domestic violence counselor about your safety and legal options
- Speak to a certified domestic violence counselor about obtaining a restraining order
- If possible, have a phone available at all times
- Open a checking or savings account in your own name
- Pack a bag with money, an extra set of keys, copies of important documents, medicine, clothes, etc. and keep it in a safe place/with someone you trust
- Identify a safe place you can go if you need to leave
- Practice getting out of your home safely - identify which doors, elevator or stairwell to use
- If you have pets, make arrangements for them to be cared for in a safe place

Important phone numbers

Your domestic violence counselor

Your attorney

Trusted friend or relative

Your child's school

Your child's doctor

Programs & policies that may help

The following are just some programs and policies available in Connecticut that may help you stay safe. Be sure to speak with your local domestic violence counselor to learn more about these options and to receive assistance with each process. Domestic violence counselors can help you consider each option in the context of your individual safety needs.

Employment Leave

If you need to seek medical care or attend a court hearing resulting from the abuse, your employer is required to give you up to 12 days off each calendar year. While your employer does not have to pay you for these days off, the time can still be helpful.

Early Lease Termination

If you decide to end the relationship, you have the right to terminate your lease early and without penalty if you need to leave to keep you or your kids safe. You must give 30 days notice and meet certain other requirements.

Address Confidentiality

If you are getting ready to leave the relationship and are concerned that your abuser will try to find you when you move, domestic violence counselors can register you for the state's address confidentiality program. This helps keep your new address private.

TANF/SNAP Benefits

Domestic violence counselors can help you navigate various human service systems and advocate to make sure you get the assistance you need to support your family and keep them safe.

Housing Access

Each of our 18 members works closely with their local housing network. While housing resources are often limited and may involve "wait lists," domestic violence counselors can advocate on your behalf to access these services.