

▶ If someone you know is being abused

What to do and say:

Listen and be supportive. Don't be afraid to let them know your concerns. Let them know that you want to help.

Acknowledge that they are in a very scary, difficult situation. Let them know that the abuse is not their fault. Listen to them, believe them, and encourage them to express their feelings. Don't be judgmental. Let them know that you are concerned about their safety.

Respect their choices Let them find their own way to decisions. Don't start with what you think they should do or insist they take your advice.

Provide encouragement. Help them identify the abusive behavior. Give them information about our services.

HOW YOU CAN HELP

Your generosity can improve the lives of your neighbors in need and help make our community a safer place for everyone.

Donate— online at www.escadv.org or mail checks to ESCADV, P.O. Box 3, Onancock VA 23417. We also accept in-kind donations for our clients and shelter. Please call for our wishlist or more details about how you can support ESCADV. Your gifts are tax-deductible.

Volunteer—We can put your abilities and talents to good use. Please call us to learn more about volunteer opportunities.

▶ No one has the right to harm you

Are you being abused by a loved one? Millions of people are abused by a spouse, partner, or relative every year. They may feel helpless, ashamed, or too scared of their abuser to get help. The first step is recognizing the **signs and signals of abuse**.

Has your spouse, partner, or relative done any of these things?

- Physically injured you in any way?
- Threatened to hurt you, him/herself, your children or others?
- Controlled where you can go or who you can see?
- Touched or threatened to touch you sexually in a way you didn't like or allow?
- Repeatedly humiliated you or put you down?
- Harmed or threatened to harm your pets?
- Destroyed property in a way that made you fear for your safety or the safety of others?
- Held you somewhere against your will?

If you can answer yes to any of these questions, you may be in a domestic violence situation. Abuse often becomes more severe and frequent over time.

You are not alone, and help is available!
Please call us at 757-787-1329 to learn more about your options and resources to live a violence-free life.

Free and Confidential Services

Eastern Shore Coalition Against Domestic Violence (ESCADV)

**Support, advocacy and education
for anyone affected by
domestic and/or sexual violence**



155 Market Street / P.O. Box 3
Onancock, VA 23417

Phone/Hotline/TTY: 757-787-1329

Email: escadvoffice@escadv.org

Web: www.escadv.org

Find us on facebook & follow us on twitter



ESCADV

EASTERN SHORE COALITION AGAINST DOMESTIC VIOLENCE

Freedom through empowerment because love should not hurt

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"Without the shelter I would be homeless... This is a place where you start to heal and make a fresh start."

The Eastern Shore Coalition Against Domestic Violence (ESCADV) was

founded in 1983 to address domestic violence on the Eastern Shore of Virginia. We believe that all people deserve a life free from interpersonal violence. Our intervention and prevention services provide support, advocacy, and education for anyone in Accomack or Northampton County who are affected by domestic and/or sexual violence to empower them to build violence-free lives that are healthy, safe, and self-sufficient.

ESCADV provides individualized, client-centered services. We embrace and respect differences in national origin, race, gender, age, sexual orientation, gender identity/expression, ethnicity, mental/physical disabilities, religious beliefs and/or financial status.

NOW is the time.

If you are a victim of domestic violence, now is the time to protect yourself and those who count on you for safety. You don't deserve to be abused. Help is available.

► Support, Advocacy, and Education...

In order to provide the highest quality of service, our Board of Directors, staff, and volunteers maintain values that include collaboration, empowerment, inclusiveness, respect, excellence and stewardship.

Our confidential and cost-free services include:

- 24-hour crisis hotline
(757-787-1329)
- Crisis intervention
- Safety planning
- Emergency shelter
- Individual counseling
- Support groups
- Case management
- Information and referrals
- Transportation assistance
- Financial assistance
- Hospital/court accompaniment

To learn more, visit us online at www.escadv.org or call 757-787-1329

► What is domestic violence?

Domestic violence is a pattern of coercive behavior characterized by the domination and control of one person over another, usually an intimate partner, through physical, psychological, emotional, verbal, sexual, and/or economic abuse.

Plan for your safety

Do as many of the following as possible:

- Plan for a quick escape. Know where you can go and how to get there.
- If you believe you are about to be assaulted, stay out of rooms where there are weapons such as guns or knives.
- Keep the telephone numbers of family, friends, doctors, our shelter etc. in a safe place or where it is easily accessible.
- Gather important documents and consider giving them to a person you trust to keep for you so your abuser does not try to take or destroy them.
- Put aside emergency money, and hide an extra set of car keys.
- Keep an extra set of clothes and shoes for you and your children with a person you can trust.
- Let the people that you trust know about your situation and the violence you are experiencing.
- Trust yourself and your decisions. You are the one who can best determine how to stay safe.