

# LEARN MORE AND GET HELP

## NATIONAL DOMESTIC VIOLENCE HOTLINE

[thehotline.org](http://thehotline.org)

Besides their 24/7 hotline (1.800.799.7233), this organization's website has detailed information for victims, survivors and immigrants.

## NEW YORK CITY DOMESTIC VIOLENCE HOTLINE

[opdv.ny.gov/help/dvhotlines.html](http://opdv.ny.gov/help/dvhotlines.html)  
311

The website has information about safety planning and working within the court system. When you call the hotline, there are more than 150 languages available.

## MAYOR'S OFFICE TO COMBAT DOMESTIC VIOLENCE

[www.nyc.gov/domesticviolence](http://www.nyc.gov/domesticviolence)

Services include permanent and emergency housing, orders of protection and other legal services, financial assistance, counseling and health care.

## WOMENSLAW.ORG

[womenslaw.org](http://womenslaw.org)

Visit this website for information about preparing your court case, custody issues, getting a restraining order and other legal topics.

## OFFICE ON WOMEN'S HEALTH

[womenshealth.gov/violence-against-women](http://womenshealth.gov/violence-against-women)

Find details about getting help, legal information, the connection between abuse and mental health, fact sheets and other resources.

## SAFE HORIZON

[safehorizon.org](http://safehorizon.org)

Learn about resources for victims of domestic violence, child abuse and human trafficking.



METROPLUS.ORG 1.855.809.4073

160 Water Street, 3<sup>rd</sup> Floor, New York, NY 10038



For information about  
MetroPlus Health Plan, call

[MetroPlus.org](http://MetroPlus.org)

 [facebook.com/MetroPlusHealth](https://facebook.com/MetroPlusHealth)

 [twitter.com/MetroPlusHealth](https://twitter.com/MetroPlusHealth)

 [youtube.com/HHCMetroPlusHealth](https://youtube.com/HHCMetroPlusHealth)

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# DOMESTIC VIOLENCE



HOW TO  
GET HELP



[MetroPlus.org](http://MetroPlus.org)



## Are You Being Abused?

Domestic abuse is a pattern of behaviors designed to control a family member or partner. It affects people of all ages and from all walks of life—men, women, gay, straight, rich and poor. This controlling behavior often gets more intense over time.

Abuse can take different forms:

**Physical abuse** includes punching, choking or kicking you, threatening harm to you or your kids, or preventing you from calling for help.

**Emotional abuse** can be harder to spot. It includes threatening to hurt or humiliate you, yelling at you or insulting you, controlling where you go, or isolating you from family and friends.

**Financial abuse** includes controlling how you spend money, refusing to give you access to banking information or maxing out credit cards in your name.

Whatever form it takes, abuse is never OK.

## MAKE PLANS TO LEAVE

Leaving an abusive relationship requires planning. You may need to cover your tracks so your abuser doesn't discover your plans.

Don't try to do it alone. Call **311** for help from experts at New York City's Domestic Violence Hotline.

Before you are ready to leave, come up with a signal to let friends know when you need help. Have a code word so your children know when to leave the house. Pack a bag with important documents, a change of clothes, identification and money. Keep it in a safe place where your abuser can't find it.

Plan ahead, so when you're ready to leave you have a safe place to stay and your own bank account. If it's an emergency, leave right away. In an emergency, gathering your clothes and personal items is not as important as your personal safety. Leaving is difficult. But you are worth it.



## NUMBERS TO KNOW

# 34,639

domestic incidents in New York City's 5 boroughs in 2018.

# 30

domestic partner homicides in New York City's 5 boroughs in 2018.

# 311

Call 311 for help in New York City. Or call the National Domestic Violence Hotline at **1.800.799.7233**.



## 4 PLACES TO GO FOR HELP

DOMESTIC VIOLENCE SHELTERS	THE POLICE	DOCTORS	FRIENDS AND FAMILY
 <p>Domestic violence shelters offer a safe, private place to stay. Some also provide counseling, job training and financial assistance.</p>	 <p>The police are trained to work with domestic violence victims. They cannot ask about your immigration status when you are a victim of crime.</p>	 <p>Doctors are safe people to turn to. They will respect your privacy and connect you with people who can help. Your doctor can also guide you on any physical or mental health concerns.</p>	 <p>Friends and family can provide an important support network. Create a system so they know when you or your children are in danger.</p>