

## WHERE CAN I GET MORE INFORMATION ON HOW TO HELP?

These hotlines can connect you with local domestic violence resources. Support is free, open 24/7, and available in multiple languages.

- **Call 2-1-1** or visit **211oc.org/dv** for domestic violence resources in Orange County.
- Call the National Domestic Violence Hotline at **1-(800)-799-SAFE** (7233) to talk to a trained domestic violence advocate.

## ADDITIONAL RESOURCES

Attend a **workshop for friends and family** of domestic violence survivors. Call Human Options at (949) 757-3635 for details.

**Call 9-1-1** if it is an emergency and you or someone you know **needs immediate help**.

If you are ever in doubt of whether a situation is an emergency, call 9-1-1.

# WE CAN OVERCOME DOMESTIC VIOLENCE

For help with domestic violence,  
call 2-1-1 or visit [211oc.org/DV](http://211oc.org/DV)

DOMESTIC VIOLENCE  
& HEALTH COLLECTIVE

ORANGE COUNTY

Adapted from "Abuse Defined" and "Path to Safety,"  
National Domestic Violence Hotline, 2016.



## DOMESTIC VIOLENCE CAN TAKE ON MANY FORMS, INCLUDING:

- **Emotional Abuse** — constant criticism, shifting blame to the partner, name-calling, humiliation
- **Economic Abuse** — controlling a partner's access to money, damaging a partner's credit history
- **Sexual Abuse** — pressuring a partner into sexual acts, refusing to practice safe sex, treating a partner like a sex object
- **Physical Abuse** — spitting on, burning, choking, hair-pulling, slapping, shoving

## KNOW THE FACTS

- Every day in Orange County, an average of **22 people make emergency calls** for domestic violence, and there are many more cases that go unreported.<sup>1</sup>
- **Domestic violence is never deserved**, even if someone provokes his or her partner. Abuse is often purposeful and deliberate behavior used to gain power and control over a partner.

## HOW DO I SUPPORT SOMEONE EXPERIENCING DOMESTIC VIOLENCE?

- 🏠 **Talk to them in a safe and private environment.** Start by expressing your concern and that you care about them.
- ★ **Tell them they are strong, capable, and brave.** Let them know that the abuse is not their fault, and they do not deserve to be hurt. It is important for them to hear these things because the abuser may be harming their self-esteem.
- ❤️ **Listen to their story without judgment, advice, or expectation.** Understand that domestic violence is very complicated, and do not pressure them to leave the relationship if they are not ready.

- 🗣️ **Encourage them to keep talking to you** about their relationship, and to build a wide support system of friends, family, healthcare providers, and support groups.

- 📅 **Help them create a safety plan** so they can better avoid and prepare for dangerous situations. This practical plan can help them remain safe while in the relationship, getting ready to leave, or after they have left the relationship. Consider talking to a domestic violence advocate or visit [www.thehotline.org](http://www.thehotline.org) to get started.

- ✚ **Offer to go with them to the doctor.** You can sit with them in the waiting room, hold their hand during procedures, or help take notes during the visit to review later. Domestic violence is a health issue, and a doctor can be a great resource.

1. "Domestic violence-related calls for assistance [Orange County – Years: 2005–2014]," State of California Department of Justice, 2015.