

## How to help someone

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- Reach out to let your friend know you care.
- Don't judge or criticize.
- Believe them and take time to listen.
- Don't pressure your friend to leave.
- Respect your friend's decisions.
- Ask how you can help and/or support them.
- Help your friend make a safety plan.
- Agree on a secret code word that can be used in case of an emergency.

## Mission and Services

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The mission of StopDV is to improve safety for domestic violence victims and increase access to resources for survivors.

We provide court advocacy, safety planning and support to domestic violence survivors, along with legal services while their cases are active.

### Your financial support provides:

- Government required matching funds
- Program sustainability
- Victim costs for divorce filing fees, funds to change locks, subpoena/witness fees, private process server fees



SUPPORTING SURVIVORS OF  
DOMESTIC VIOLENCE

(501) 764-6401 **PHONE**

WeCanStopDV.org **WEB**

(800) 799-7233 **HOTLINE**



# Domestic Violence...

## is NOT the victim's fault.

The perpetrator is responsible for their behavior and is the only one who can stop the abuse.

## is about power and control.

Perpetrators use intimidation, isolation, control resources, and/or manipulate the legal system to maintain dominance in the relationship.

## is not just physical abuse.

There are many forms including emotional, verbal, spiritual, and/or financial abuse.

## is a pattern of behavior.

It is not an isolated incident, but a series of events. The relationship may not be bad all the time, but it usually gets worse.

## is NOT caused by anger, alcohol use, or mental health issues.

These may escalate the abuse or increase risk for victims, but are not the cause of abusive behavior. Perpetrators choose to be abusive.

## Safety Planning

Leaving an abuser is the most dangerous time for a victim of domestic violence. Here are a few items to consider when creating a safety plan.

- Tell someone you trust what is happening.
- Open a checking or savings account and/or credit card in your own name to establish or increase your independency.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust, so you can leave quickly.
- Determine who would let you stay with them or lend you money.
- Keep hotline and shelter numbers available.
- If you have a protection order, carry it with you at all times.



*The leading cause of injuries for women is abuse at home. Domestic violence injuries happen more often than car accidents, mugging and rape combined.*



## Important Numbers

The Rise Home (866) 358-2265  
National DV Hotline (800) 799-7233  
Women/Children First (800) 332-4443

## Ways To Give

Text StopDV19 to 44321  
[www.paypal.me/fcdvp](http://www.paypal.me/fcdvp)

## Connect With Us

Facebook: StopDV  
Instagram: StopDVProject  
Website: [WeCanStopDV.org](http://WeCanStopDV.org)