

You are not alone.

If you or someone you know is in a dangerous or unhealthy relationship, local domestic violence advocates are available to help **24/7** by phone.

We're here to help.

Domestic Violence Hotlines

New Castle Co. 302-762-6110

Kent & Sussex Co. 302-422-8058

or en español 302-745-9874



Domestic Violence

Domestic Violence is a pattern of abusive behavior where one partner tries to maintain control over the other. While domestic violence can look different in every situation, there are some common experiences in unhealthy or abusive relationships.

Does your partner or the person you are seeing:

- Show extreme jealousy?
- Discourage you from seeing friends or family?
- Embarrass or humiliate you in front of other people?
- Threaten you with words or intimidation?
- Control all the money/finances for you or your household?
- Destroy your property, display weapons, or threaten your pets?
- Physically hurt you (pushing, slapping, hitting, or choking)?
- Pressure you to engage in sexual activity, even if you don't want to?

Everyone deserves safe, supportive, and healthy relationships.

For more information,
visit **DCADV.org**

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime.

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If you think you may be in an abusive relationship:

- **Reach out to a Domestic Violence Advocate.** Advocates provide support for talking through your situation and helping to understand your safety concerns. They can help you create a safety plan, find shelter, or connect you to resources in your community. You don't have to be in a crisis or emergency situation – you can call with questions or just to talk about your situation.

You can reach an advocate on any of the hotlines, 24 hours a day!

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- **Create a safety plan.** This plan, either written down or in your head, includes ways to stay safe while you are in a relationship, planning to leave, or if you have already left. An advocate can help you create a personalized plan.
- **Talk to your health care provider** about any injuries (old or new) that you may have. Your health and safety are important!

If you feel like you're in danger, especially immediate danger, you have the right to call 911.