

## **What is Domestic Violence?**

Many people think that an abusive relationship means a violent relationship. While violence may very well be a part of an abusive relationship, there are other forms of abuse that can be present and can be just as devastating. Domestic violence is characterized by a pattern of coercive behaviors that may include repeated assault, psychological abuse, sexual assault, progressive social isolation, deprivation, and intimidation that are perpetrated by a current partner, past partner, or caregiver.

## **What are some characteristics of an abusive relationship?**

- Excessively jealous and controlling partner or caregiver
- Being isolated from friends, family and things you like to do
- Partner has unrealistic expectations of you
- Having little power or say in family decisions
- Being denied of necessary medical needs
- Constantly being put down, called names or picked-on
- Partner threatens you, your children or family with violence
- Forced sex or sexual activity from your partner
- Partner or caregiver physically harms you

## **Why do my clinicians at UNC care if I'm being abused?**

Research shows that nearly 1 out of 5 women are abused at some point in their lives and victims of abuse are likely to experience higher rates of physical and mental illnesses in addition to death resulting from violence. Your clinicians care about your health, emotional well-being, and the safety of you and your family. If you are being abused, your clinicians at UNC want to know about your situation so we can better support and care for you. Always call 911 if you have been injured or if your immediate safety is in danger.

## **Who can help me and my family if I'm in an abusive relationship?**

Your clinicians at UNC can provide you with a safe, confidential and non-judgmental setting to talk about your situation. There are wonderful community groups that are here to provide you with the resources you need ranging from ongoing emotional support and guidance to shelter and legal assistance. You are not alone in your struggle – your clinicians and members of your community are here to help you when you are ready.

## **UNC Beacon Program**

919-966-9314

<http://www.med.unc.edu/wrkunits/3ctrpgm/beacon/>

The Beacon Program offers support and information services for all UNC patients that are experiencing abuse. The staff can provide you with one-on-one counseling and link you to local agencies in your county for ongoing support. If you do not live in any of the below counties, the Beacon Program can help you find an agency in your county.

## **Orange County**

### **Family Violence Prevention Center (FVPC)**

919-929-7122 or 1-866-929-7122

This group offers a 24-hour hotline and welcomes victims of domestic abuse into their offices from 9 am to 5 pm Monday-Friday for services. They offer support, counseling, court advocacy services, referrals to other agencies and education about domestic abuse.

### **Orange County Rape Crisis Center**

919-968-4647 or 866-935-4783

<http://www.ocrcc.org/index.html>

This group has a 24-hour hotline and services for victims of sexual abuse. They offer support, counseling, assistance with legal action, and referrals to other agencies.

### **Inter Faith Council**

919-929-6380 or 919-929-9280 ext. 25 (Spanish)

<http://www.ifcweb.org/>

IFC offers temporary financial assistance, food, furniture and supplies when in need.

### **IFC Project Homestart**

919-932-6025

<http://www.ifcweb.org/services.html>

This is an emergency shelter and transitional home in Chapel Hill for women and their children.

### **The Women's Center**

919-968-4610

<http://www.womenspace.org/>

This group offers a variety of programs and information including financial planning, job search information, legal advice, support groups, wellness and health seminars, women's empowerment programs and adolescent programs for at-risk children.

### **OPC Area Program Crisis Services (serves Orange, Person and Chatham Counties)**

919-913-4100 or 1-800-233-6834

<http://www.opcareaprogram.com/>

OPC offers low-cost mental health, substance abuse and developmental disability counseling in addition to case management for other community services.

### **Legal Aid of North Carolina (LANC) – Pittsboro office**

919-542-0475 or 1-866-219-5262

<http://www.legalaidnc.org/>

LANC offers free legal assistance, advice and representation to low-income North Carolinians for domestic violence protective orders and child custody cases.

## **Durham County**

### **Durham Crisis Response Center**

919-403-6562

<http://www.durhamcrisisresponse.org/>

The crisis response center offers a 24-hour hotline, support, counseling and referral services for victims of domestic and sexual abuse. They also have an emergency shelter for women and their children.

### **Durham Rescue Mission**

919-688-9641

<http://www.durhamrescuemission.org/>

The rescue mission providers shelter and food for women and their children.

### **Family Counseling Service**

919-416-4400

<http://www.fcsdurham.org/>

This group offers low-cost counseling and mental health services for families and children.

### **Legal Aid of North Carolina (LANC) – Durham office**

919-688-6396 or 1-800-331-7594

LANC offers free legal assistance, advice and representation to low-income North Carolinians for domestic violence protective orders and child custody cases.

## **Chatham County**

### **Family Violence and Rape Crisis**

919-545-0224

<http://www.fvrc.org/>

This group offers a 24-hour hotline, counseling, support, referrals to other agencies, court advocacy and emergency shelter to women that experience domestic or sexual abuse.

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OPC offers low-cost mental health, substance abuse and developmental disability counseling in addition to case management for other community services.

### **Legal Aid of North Carolina (LANC) – Pittsboro office**

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## **Alamance County**

### **Family Abuse Services**

336-226-5985

<http://www.familyabuseservices.com/>

This group offers a 24-hour hotline with counseling, support, court advocacy, referrals to other local agencies, emergency and transitional shelter, and daytime child-care services for women that experience domestic or sexual abuse.

### **Legal Aid of North Carolina (LANC) – Pittsboro office**

919-542-0475 or 1-866-219-5262

<http://www.legalaidnc.org/>

LANC offers free legal assistance, advice and representation to low-income North Carolinians for domestic violence protective orders and child custody cases.

## **Wake County**

### **Interact**

919-828-7740

<http://www.interactofwake.org/>

This group offers services for women that experience domestic or sexual abuse. Services include a 24-hour hotline, counseling, support groups, court advocacy services, referrals to other agencies, children's welfare counseling and emergency shelter for women and their children.

### **Legal Aid of North Carolina (LANC) – Raleigh office**

919-828-467 or 1-866-219-5262

<http://www.legalaidnc.org/>

LANC offers free legal assistance, advice and representation to low-income North Carolinians for domestic violence protective orders and child custody cases.