Additional Resources

Mosaic Assessment
www.mosaicmethod.com
Assess the level of danger in your relationship

Legal Resources
NC Legal Aid
1-866-219-5262

NC Legal Aid Battered Immigrant Project
1-866-204-7612

NC Legal Aid Senior Legal Helpline
1-877-579-7562
www.womenslaw.org

Victim Services
http://nc-van.org/victim.html
Victim Services Directory

Domestic Abuse Education/Information
www.survivortosurvivor.org
North Carolina’s domestic violence coalition
www.nccadv.org
National domestic violence coalition
www.ncadv.org

The VIGOR
www.thevigor.org/vigor-safety-planning-tool/
Personalized plan for coping with abuse, and detailed safety planning tool

Domestic Abuse Resources
CALL 911 FOR EMERGENCIES

24 Hour Help Lines

Alamance County
Family Abuse Services: 336-226-5985

Chatham County
Family Violence and Rape Crisis Services
919-545-0224

Durham County
Durham Crisis Response Center: 919-403-6562

Lee County
Haven: 919-774-8923

Orange County
The Compass Center: 919-929-7122
Orange County Rape Crisis Center
866-935-4783

Person County
Safe Haven: 336-599-7233

Wake County
Interact: 919-828-7740

National Domestic Violence Hotline
1-800-799-7233

UNC HOSPITALS BEACON PROGRAM

Resources for Men

A Healthcare Response To Domestic Abuse
(984) 974-0470
What Is Domestic Abuse?

Domestic abuse is a pattern of controlling or manipulative behaviors that serves to gain or maintain power over a romantic partner or family member. Domestic abuse can be physical, sexual, emotional, economic, or psychological. Domestic abuse is also known as intimate partner violence (IPV), relationship abuse, or domestic violence.

Who Does it Affect?

Domestic abuse can happen to anyone, regardless of race, gender, age, ethnicity, sexual orientation, religion/faith, income, social status, etc.

Nearly 1 in 10 men experience sexual assault, physical violence, and/or stalking during their lifetimes.

1 in 7 men (13.8%) aged 18 and older in the United States have been the victim of severe physical violence by a family member in their lifetime.

Why Men Might Stay

Men are often reluctant to report abuse by their partners because they may feel embarrassed, or fear they won’t be believed, denial, fear of losing children, taught not to need help, ridiculed, or believe that no resources are available for men.

Types of Domestic Abuse

Someone who is abusive uses abuse, violence and threats in order to control and dominate his/her partner. Forms of abuse may include:

Physical: pushing, slapping, hitting, pulling hair, burning, biting, choking/strangulation, using a weapon or item to physically harm you, breaking/smashing things, hurting children or pets.

Emotional/Verbal: name-calling, putting you down, making you feel worthless, humiliating you, insulting you in private or in public, threatening you or others, isolating you from others, threatening to take your children from you.

Psychological: invalidating your reality, making you feel you are going “crazy”, using actions or words that destroy self-confidence, making you feel everything is your fault, playing mind games.

Financial: controlling how money is spent, refusing you money or access to funds, getting you into debt for the abuser (i.e., getting credit cards in your name and maxing them out), not allowing you to get a job, taking your paycheck.

Sexual: forcing you to have unwanted sexual contact, drugging you or getting you intoxicated in order to have sexual contact, forcing you to do things you are uncomfortable with sexually, unwanted touching.

What is the Beacon Program?

The UNC Hospital’s Beacon Program helps patients, family members and hospital employees who are in abusive relationships or have experienced prior abuse. We provide support, information, referrals and resources that empower individuals and families to make their own decisions regarding their options and personal safety.

What services does the Beacon Program provide?

⇒ Evaluation
⇒ Brief counseling and support
⇒ Safety Planning
⇒ Domestic abuse education
⇒ Resources and information about issues/topics affected by domestic abuse (i.e. legal, etc.)
⇒ Referrals to community agencies

Who is eligible to use Beacon Program?

Any UNC Health Care patient, family member or employee who has experienced domestic abuse is eligible. Services are provided at UNC Hospitals and its clinics, in person, and over the phone.

How do I contact the Beacon Program?

(984) 974-0470
www.med.unc.edu/beacon
Monday-Friday
8am-5pm

Or ask your UNC Health Care provider