Domestic Abuse Resources

UNC Hospitals Health Care System
Police-Emergency-911

24 Hour Help Lines

Alamance County
Family Abuse Services
336-226-5985

Chatham County
Chatham Family Violence Prevention Services
919-542-1792
Chatham County Sheriff Department
(919) 542-2811

Durham County
Durham Crisis Response Center
919-403-6562

Lee County
Haven
919-774-8923

Orange County
The Compass Center
919-929-7122

Person County
Safe Haven
336-599-7233

Wake County
Interact
919-828-7740

More Resources & Info

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

Www.nccadv.org
North Carolina’s domestic violence coalition

Www.ncadv.org
National domestic violence coalition

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

A Hospital Response To Domestic Abuse

www.med.unc.edu/beacon
(984) 974-0470
Monday-Friday
8am-5pm
Domestic Abuse and the Beacon Program

What Is Domestic Abuse?
The US Department of Justice’s Office of Violence Against Women defines domestic violence as:
“a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.”

Domestic abuse is also known as intimate partner violence (IPV), abuse, or domestic violence.

Statistics
Domestic abuse can happen to anyone, regardless of race, gender, ethnicity, sexual orientation, religion/faith, income, social status, etc.
1 in 4 women will experience domestic abuse during her lifetime.
Nearly 3 million men are victims of domestic abuse in the US each year.
More than 3 million children witness domestic abuse in their homes every year.
Lesbian, gay, and bisexual people experience domestic abuse at the same or higher rates as heterosexual people.
Transgender survivors of abuse are 1.81 times more likely to report experiencing sexual violence than people who are not transgender.

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 UNCH Beacon Program’s social workers help patients 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 safety.

What services does the Beacon Program provide?
- Evaluation
- Safety Planning
- Domestic abuse education
- Resources and information about issues/topics affected by domestic abuse (i.e., legal, etc.)
- Referrals to health care providers
- Referrals to community agencies

Who is eligible to use Beacon Program?
Any UNC Health Care patient 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