

## Additional Resources

### Mosaic Assessment

[www.mosaicmethod.com](http://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](http://www.womenslaw.org)

### Victim Services

<http://nc-van.org/victim.html>

Victim Services Directory

### Domestic Abuse Education/Information

[www.survivorsurvivor.org](http://www.survivorsurvivor.org)

North Carolina's domestic violence coalition

[www.nccadv.org](http://www.nccadv.org)

National domestic violence coalition

[www.ncadv.org](http://www.ncadv.org)

### The VIGOR

[www.thevigor.org/vigor-safety-planning-tool/](http://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

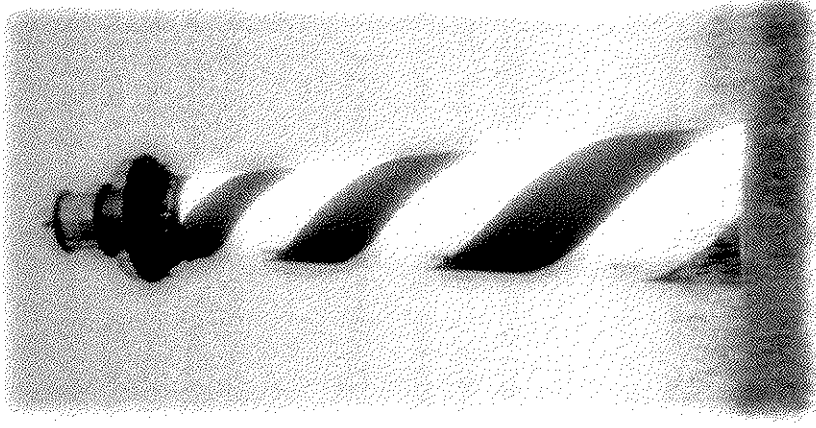
#### Wake County

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

**UNC**  
HEALTH CARE

## 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](http://www.med.unc.edu/beacon)

**Monday-Friday**

**8am-5pm**

**Or ask your UNC Health Care provider**