



What To Do?

Go to people who care about you. They may be your friends, family, or someone at a group listed in this brochure. Talk to them in a private, safe place.

If your husband or lover is abusive, plan to protect yourself and your children. You may have to leave in a hurry.

If you are abusive, be honest with yourself. Think of what might happen to you. Get help.

Domestic violence happens to all kinds of people. It doesn't matter who you are, how well educated or rich you are. It might happen to your teenage daughter. It might happen to your best friend or next-door neighbor. It might happen to you.

Together we can stop domestic violence before it starts. Friends, family, co-workers and other people who care can offer help. That help can save lives.

Organizations That Can Help.

King County Coalition Against Domestic Violence (206)568-5454
Domestic Violence Recorded Information Line (206)205-5555

Statewide 24-hour crisis hotline

WA State Domestic Violence Hotline (V/TDD) 1-800-562-6025

If you need shelter, contact

Broadview Emergency Shelter (V/TDD) (206)299-2500*
Catherine Booth House (206)324-4943*
Domestic Abuse Women's Network (DAWN) (206)622-1881*
(V/TDD)
Eastside Domestic Violence Program (V/TDD) (800)827-8840*
New Beginnings (206)522-9472*
YWCA - Shelter (V/TDD) (206)461-4882

The following is a list of non-profit agencies in King County providing specialized domestic violence services and counseling.

Victim services

Abused Deaf Women's Advocacy Services
24-Hour Crisis line (TDD only) (206)236-3134
Office phone (TDD only) (206)726-0093
Alcohol & Drug Helpline - DV Outreach Program (800)562-1240
Asian/Pacific Islander Women & Family Safety Center (206)467-9976
Chaya (serving South Asian victims and children) (877)922-4292
Consejo Counseling & Referral Service (TDD) (206)461-4880
Domestic Abuse Women's Network (DAWN) (425)656-7867*
(V/TDD 24-hour crisis line)
(Advocates) (TDD) (425)656-8423
Eastside Domestic Violence Program (V/TDD) (425)746-1940*
or (V/TDD) (800)827-8840*
Island Domestic Violence Outreach (206)463-4872
Jewish Family Service - Domestic Violence Program (206)461-3240
New Beginnings (V/TDD) (206)522-9472*
Northwest Family Life (206)363-9601
Northwest Network for Bisexual, Trans, & Lesbian Survivors of Abuse (formerly AABL) (206)568-7777
Refugee Women's Alliance (206)721-0243
Seattle Counseling Service for Sexual Minorities (206)323-1768
Seattle Indian Health Board (206)324-9360
YWCA - East Cherry (206)568-7845
YWCA - South King County (425)226-1266 ext.1017

Batterer treatment services

For information about batterer treatment programs in the King County area, call the Domestic Violence Recorded Information Line (English only) (206)205-5555
Asian Counseling & Referral Services (206)695-7610
Consejo Counseling & Referral Service (for services in Spanish) (206)461-4880

Most agencies generally open during normal business hours

*24-Hour Line

LOVE SHOULDN'T



there's NO excuse for domestic violence.

Are you worried about someone?

Does your husband or lover scare you?

Why Get Help?

It can be dangerous when one person tries to always be in charge. Some people insult, threaten and even hit people they love. They don't do it because of stress, anger, drugs or alcohol. They do it to control others. If one thing doesn't work, they try something worse. Every year thousands of women are hurt or killed by men they love. These men lose their families, get arrested and go to jail because of their actions.

What hurts you hurts your children.

Children get hurt when their parents get hurt. They may feel scared and ashamed. They may think it is their fault. These children grow up thinking it's okay to hurt others. They think it's okay for people to hurt them. A third of all children who see their mothers hit have emotional problems. Boys who watch their fathers beat their mothers are ten times more likely to hit their girlfriends and wives when they grow up.

Everyone has the right to feel safe.

Domestic violence hurts everyone in the family. A person who hurts others loses the respect and trust of those he loves. The person who gets hurt becomes more and more afraid.

With help, people can get out of violent relationships. Victims can find safety and new lives. People who use violence can learn not to use it.

Learn The Warning Signs.

People sometimes argue. That is normal. Trying to control someone through threats or force is not. That is domestic violence. It can start with simple insults or jealousy. And, it gets worse over time.

People who hurt others are responsible for their own actions. Only they can change them.

**Don't wait until you
and the ones you love get hurt.**

If you are in danger now,

call 911

Watch for these signs of domestic violence.

Does your partner:

- Insult you in public and private?
- Check up on where you've been and who you've talked to?
- Put down your friends and family?
- Tell you jealousy is a sign of love?
- Blame you for the abuse?
- Limit where you go and what you do?
- Try to control your money?
- Destroy your things?
- Threaten to hurt you, your family, or pets?
- Make you have sex in ways or at times that are uncomfortable to you?
- Touch you in ways that hurt or scare you?
- Tell you your fears are not important?

If any of these things happen to you, you might be in danger. Domestic violence hurts both you and the people you love.

You are not alone.

**Think about getting some help.
Talk to friends about your problem.**

How To Help Others.

We have learned not to let friends drive drunk. We have learned to help stop crime. How can you help someone out of domestic violence?

If you see someone getting hurt, call 911. If you just suspect a person is being abused:

- Take the time to listen, and believe what your friend says.
- Don't downplay the danger.
- Don't judge or criticize your friend's choices.
- Give emotional support.
- Offer to help by taking care of the kids or driving her somewhere.
- Express concern for your friend's safety.
- Let your friend know about agencies that can help.

If you think someone is being abusive:

- Tell them you feel bad when they insult their spouse or partner.
- Tell them their actions bother you.
- Tell them you care about them and urge them to contact a group that can help them.
- Don't agree with any excuses they make for the violence.

**Getting out of a violent
relationship can take time.**

**Stick by your friend and don't expect
changes overnight.**



King
County
Coalition
Against
Domestic
Violence

This information brought to you by the King County Coalition Against Domestic Violence.

For more brochures or information, call (206) 568-5454.