

Getting Help for Domestic and Intimate Partner Violence

If you are being abused or have a loved one who is being abused, get help. Don't ignore it. It won't go away. Keep in mind, you're not alone. Many women are victims of domestic abuse.

Here are things you can do:

- Make a plan in case you need to leave. Set aside some money and find a place to go. Put important papers and items in a place where you can get them quickly. Review a full checklist of items you'll need, such as marriage license, birth certificates, and a checkbook at <http://www.womenshealth.gov/violence/planning/index.cfm>.
- If you're in danger, call the police or leave.
- If you're hurt, go to a local hospital emergency room.
- Call the National Domestic Violence Hotline at 800-799-SAFE (7233) or TDD 800-787-3224, which is available 24 hours a day, 365 days a year, in English, Spanish, and other languages. The Helpline can give you the phone numbers of local domestic violence shelters and other resources.
- Look up state resources for a list of local places to get help.
- Reach out to someone you trust—a family member, friend, coworker, or spiritual leader.
- Contact your family court (or domestic violence court, if offered by your state) for information about getting a court order of protection.

Domestic Violence Shelters

Domestic violence shelters offer victims of domestic violence and their children temporary housing as well as counseling and assistance. Services may include

- Individual counseling
- Family counseling
- Support groups
- Job training
- Legal help

Transitional Housing

Transitional housing focuses on giving families a safe space and time to recover from domestic violence. Families live independently, in separate apartments, while they also receive needed services. Services can include

- Individual counseling
- Family counseling
- Support groups
- Job training
- Help finding affordable, permanent housing
- Legal help

Visitation Centers

Families dealing with divorce, domestic violence, or custody issues often have a hard time finding a comfortable, neutral place for children to visit with a parent. A visitation center is a safe place where children from families dealing with these issues can visit with a parent.

If you're a victim of abuse or violence at the hands of someone you know or love or you are recovering from an assault by a stranger, you are not alone. Get immediate help and support.

The **National Domestic Violence Hotline** can be reached 24 hours a day, 7 days a week at **800-799-SAFE (7233)** and **800-787-3224 (TTY)**. Spanish speakers are available. When you call, you will first hear a recording and may have to hold. Hotline staff offers crisis intervention and referrals. If requested, they connect women to shelters and can send out written information.

The **National Sexual Assault Hotline** can be reached 24 hours a day, 7 days a week at **800-656-HOPE (4673)**. When you call, you will hear a menu and can choose #1 to talk to a counselor. You will then be connected to a counselor in your area who can help you.

Anthem EAP

888-441-8674

www.anthem.com/eap/verizon

The National Women's Health Information Center, Office on Women's Health (OWH). (Updated 2009, January 15). In *Domestic and intimate partner violence*. Retrieved October 27, 2010, from <http://www.womenshealth.gov/>

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