



Are You a Battered Woman?

Domestic violence is a pattern of controlling and assaultive behavior which includes physical, sexual, emotional abuse, and destruction to pets and property.

You may be a battered woman if you are dominated, controlled or humiliated by your partner.

Remember: You do not deserve to be hit or threatened!

If you are a battered woman:

There is help and hope. You can live a peaceful life and Angels of Grace & Anna's Place are here to help in that transition. However, there are steps you need to take to prepare yourself in the transition. This information will help with your safety in preparing for your departure. When you are ready to leave, Angels of Grace & Anna's Place will provide safe emergency shelter and supportive services for you and your children, free of charge.

You are not alone:

Although domestic violence is usually hidden, it is very common.

About half of all women in Arkansas at one time in their lives have experienced violence in an intimate relationship.

Domestic abuse occurs in relationships regardless of race, sex, religion, age, sexual orientation, economic status or physical size.

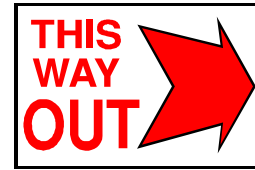
96% of all domestic violence victims are women.

Someone you know is or has been a victim of domestic violence in some form.



Survival Tips in an Abusive Situation:

~ If an argument seems unavoidable, try to have it in an area with access to an exit – away from potential weapons.



~ Identify safe exits from your home.

~ Keep a packed bag ready at the home of a trusted person.

~ Ask a trusted neighbor to call the police when they hear a disturbance from your home.



~ Devise a code word to use with your family and friends to request the police.

~ Use your own instincts and judgment. If the situation is dangerous, consider giving the abuser what they want to calm down. Protect yourself until you are out of danger.

Preparation for Leaving:

~ Open a savings or credit account in your own name to insure financial independence.



~ Get your own Post Office Box to receive funds or information after you leave.

~ Put money, keys, copies of important documents, extra medication in the bag prepared for the day you leave.

~ Determine with whom you might stay or from whom you may borrow money when you leave.



~ Keep hotline number handy.

~ Leaving your abuser is the most dangerous time.

~ Prepare and memorize your plan so that you can leave safely.

Checklist:

- ~ Identification
- ~ Driver's License
- ~ Children's Birth Certificates
- ~ Social Security Card
- ~ DHS Identification

Legal Documents:

- ~ Restraining Order
- ~ Order of Protection
- ~ Apartment Lease or House Deed
- ~ Car Registration & Insurance Papers
- ~ Title to Car & Other Property
- ~ Health & Life Insurance Papers
- ~ All Your Family's Medical Info
- ~ School Records
- ~ Work Permits, Visa & Passports
- ~ Divorce & Custody Papers

Financial:

- ~ Money and/or Credit Cards
- ~ Bank Books and Check Books

Other:

- ~ House & Car Keys
- ~ Medications
- ~ Any Small Valuables
- ~ Address Books
- ~ Phone Card & Cell Phone
- ~ Pictures of you, children & abuser
- ~ Toiletries & Diapers



Battered Women's National Hotline: 1-800-799-7233

Call anytime of the day or night. The number will not show up on your phone bill.

We will be Here!

You have the right to live a peaceful life.

You can call for help

Use these numbers or 911 to call for help. You can call 911 and leave the phone off the hook; they will dispatch the police immediately.

Angels of Grace, Anna's Place and other shelters statewide are prepared to receive and assist you.

Other Useful Numbers:

The Family Center: 870-338-8447
Helena-West Helena Police: 870-572-3441
Phillips County Sheriff: 870-338-5555
Marianna Police: 870-295-2508
Lee County Sheriff: 870-295-7775
Forrest City Police: 870-633-3434
St. Francis County Sheriff: 870-633-2611
Hotline: 1-877-572-9530
Emergency: 911

You can call the police!

Battering is a crime.
The police are required to help you and your children get to a safe shelter.

You can leave!

