

HOPE



**SUPPORT.
ADVOCACY.
PREVENTION.**

YOU ARE NOT ALONE...

ACCESS York

- 1 in 3 women and 1 in 4 men have been victims of (some form of) physical violence by an intimate partner within their lifetime.¹
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.²
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, an average of close to 15 calls every minute.³
- Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime.⁴
- An estimated 10.7% of women and 2.1% of men have been stalked by an intimate partner during their lifetime.⁵

For more info please visit www.pcadv.org

References

1. National Intimate Partner and Sexual Violence Survey, 2010, 2. Violence Policy Center, 2012, 3. NNEDV, 2015
4. CDC, 2010, 5. CDC, 2010

eliminating racism
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**ACCESS York &
Victim Assistance Center**

P.O. Box 30
York, PA 17405

Phone: 717.846.5400

Toll Free: 1.800.262.8444

Hanover (Still Waters): 717.637.2235

Administration: 717.845.2631

www.ywcayork.org

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Victim Assistance Center**

717.846.5400 • 1.800.262.8444

ABOUT ACCESS YORK

ACCESS York was established in 1980 to provide services to victims of domestic violence.

All services are free and confidential to victims and their loved ones.

- 24-Hour Hotline
- Shelter (York and Hanover)
- Options and Supportive Information
- Support Groups
- Legal Advocacy and accompaniment through the legal process
- Medical/Hospital Advocacy
- Community Education
- Dating Violence Education to schools and youth groups
- Transitional Housing
- Outreach
- Referral Information

WHAT IS DOMESTIC VIOLENCE?

- A pattern of coercive behavior used to exercise power and control over another person. Domestic violence occurs between intimate partners or family members.

TYPES OF DOMESTIC VIOLENCE

- **Physical:** hitting, slapping, kicking, biting, strangling (choking)
- **Sexual:** rape, unwanted touching, any coerced sexual activity
- **Emotional:** Name calling, put downs. Tries to make you think you're crazy or makes you feel guilty.
- **Digital:** The use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner.
- **Economic:** Prevents you from getting or keeping a job. Gives you an allowance. Takes your money, Doesn't allow you to have access to family income.
- **Other warning signs:** Isolation, Denies abuse, Blames you, Intimidation, Uses children

IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE

Know where to get help. Keep a list of important phone numbers (police, domestic violence shelter, hospital) with you.

Plan with your children. Identify a safe place for them (room with a lock, neighbor's house). Let them know that their job is to stay safe, not to protect you.

Arrange a signal with a neighbor for when you need help.

Establish a safe place for important papers, spare keys, and money.

Seek medical attention if necessary. Tell them what happened. Take pictures of any injuries.

**Call our 24-hour domestic violence hotline at
1-800-262-8444 or 717-846-5400**

If you know someone who is a Victim of Domestic Violence...

- Listen
- Believe them
- Be patient
- Know where to refer them for help

