

## When a person discloses domestic violence

### Remember:

- Never counsel a victim and abuser together.
- Never go to the scene of an incident in progress.
- Assist the person to get medical, legal or social services.
  
- Listen. She/he needs the affirmation of listening.
- Allow the person to make their own decisions.
- Be cautious about giving advice.
- Be patient: the first disclosure may be confused or partial.
- Look for and appreciate the inner strength of each person.

### What you can say:

I believe you.

You are not alone.

You have good reason to be afraid.

What do you see as the next step?

What can we do to help you right now?

### Do not say:

This is God's will.

We all have burdens.

You must forgive and  
take your partner back.

### If there is an immediate threat of violence call 9-1-1!

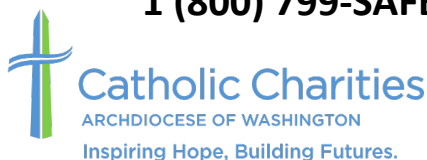
If the violence occurred in the past, ask the individual if the police have been called, if she/he would like to contact police or file for a protective order. If the person doesn't want to contact the police or obtain a protective order, respect that choice. Survivors know their situation best.

### Assess safety

Many people suffer psychological, emotional, and economic abuse and need counseling and support. Individuals living with intimate partner abuse may not realize that some situations are very dangerous. Guns, threats of murder or suicide, a recent or planned separation indicate high risk for lethal violence. Connect her/him to:

## The National Domestic Violence hotline:

**1 (800) 799-SAFE (7233)**



**Prince George's County  
Domestic Violence Prevention Resources  
in the Catholic Archdiocese of Washington, D.C.**  
National Domestic Violence Hotline 1 (800) 799-7233  
1 (800) 787-3224 (TTY for Hearing Impaired)  
Website: <http://www.thehotline.org/>  
Prince George's County

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### Family Justice Center (301) 780-8008

The Center provides services for survivors of domestic violence, sexual assault, human trafficking and elder abuse. The Center provides counseling, safety planning, help getting protective orders, access to shelter. Monday-Friday 8:30 a.m. to 5:00 p.m. 14757 Main Street, Upper Marlboro, MD 20772.

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### Community Crisis Services (301) 731-1203

The Center offers emergency shelter for domestic violence survivors. Bilingual counseling services, safety planning available. Live chat at [www.communitycrisis.org](http://www.communitycrisis.org) Click on chat.

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### JCADA 1 (877) 885-2232

The Jewish Coalition Against Domestic Abuse offers a ministry of counseling, crisis services, safety planning, and legal assistance to people of all faiths. Ideal for people considering options and for family, friends to call for advice. High quality care by professional social workers and counselors focused on domestic abuse issues. Serves entire Washington, DC. Area. Offices located in Rockville, DC and N. Virginia.

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### For life threatening emergencies – Encourage the family to call 911.

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**AWARE – JCADAs teen education and outreach (301) 315-8040 x 5**  
**Adult Protective Services, elder abuse (301) 909-2450**  
**Child Protective Services, child abuse (301) 909-2450**  
**National Dating Abuse Hotline (Love is Respect) (866) 331-9474**

For more information: [www.catholiccharitiesdc.org/familypeace](http://www.catholiccharitiesdc.org/familypeace)  
Contact Catholic Charities: [Laura.YeomansDV@CC-DC.org](mailto:Laura.YeomansDV@CC-DC.org)

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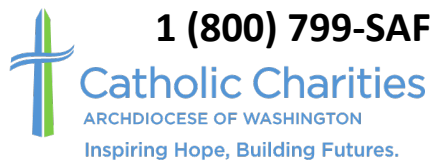
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