

Have you or someone you know been:

- Hit (pushed, shoved, pinched, bitten)...
- Threatened...
- Controlled...
- Isolated...
- Blamed for the partner's problems or feelings...
- Put down or called names?



Is your or their partner:

- Jealous...
- Demanding...
- Possessive....
- Controlling...

Do you or they know:

- How to be Safe?
- Where to get help?
- Abuse isn't your or their fault?

Call This Number For Help...

(828) 693-3840

Mainstay, Inc.

Crisis and Phone Line - 24 Hours a day, every day

PLEASE, if you have questions, need some help, or just want to talk,
Call Us - that's why we're here.

All services are available free of charge to victims and their children.

Victim Services

- ✓ Counseling
- ✓ Case Management
- ✓ Support Groups
- ✓ DBT Groups
- ✓ Spanish Speaking Services
- ✓ Information
- ✓ Options

Youth Services

- ✓ Counseling
- ✓ Parent Support
- ✓ Referrals
- ✓ Child Care during Support Groups
- ✓ Education
- ✓ Parenting

Emergency Shelter

- ✓ Secured environment
- ✓ Nurturing for women and their children

Court Advocacy

- ✓ Provide assistance to victims filing domestic violence protection orders
- ✓ Court support and assistance

Abuse in Later Life

- ✓ Court support and assistance
- ✓ Options
- ✓ Referrals
- ✓ Case management