



## Have you (or someone you know) been:

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

## Is the partner:

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

## Do you know:

- How to be safe?
- Where to get help?
- Abuse isn't your fault?

**Call This Number For Help...  
(828) 693-3840**

**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 or come by - that's why we're here.

### **Mainstay, Inc.**

133 5th Avenue West  
Hendersonville, NC 28792  
828-693-3840 office  
828-696-8104 fax  
[www.mainstayhelp.org](http://www.mainstayhelp.org)

**Do You Know  
someone who  
does not have  
a safe place  
to live?**

**Call this number  
for help...**

**828-693-3840**

**24 hours a day  
Every Day**

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# Did You Know?

⌘ Domestic violence is defined as a pattern of abuse and control used by one person in an intimate relationship over another.

⌘ Fifty percent of all homeless women and children in this country are fleeing domestic violence.



⌘ Every 15 seconds a woman is physically assaulted within her home.

⌘ As violence against women becomes more severe and more frequent in the home, children are 300% more likely to experience physical violence by the male batterer.



⌘ Domestic violence affects people from all walks of life without regard to sex, race, religion, social, or economic status.

⌘ Mainstay provides on average emergency shelter for 275 women and children each year. These women and children also received free counseling, support groups, court advocacy and case management.



## Things You May Want To Do If You Are Leaving The Relationship

- Obtain copies of needed records (birth certificates, shots, social security cards, marriage license, etc.)
- See an attorney
- Set aside money (utilities, deposit, for rent...)
- Get household things for your new home
- Pack clothes/possessions from home
- Look for a job
- Make baby-sitting and/or daycare arrangements
- Go to the Henderson County Health Department or Blue Ridge Health to sign up for WIC
- Go to the Department of Social Services for Work First Family Assistance check, food stamps, medicaid
- Look for a place to live
- Make arrangements for moving (boxes, trucks, muscles, people, etc...)
- Think about explaining your situation to your child's teacher/counselor
- Sign up for Housing Assistance (HHA, WCCA Section 8.)
- Take out warrant
- Check on your court date

# Mainstay Services

*... are available free of charge to victims and their children*

**Response Line: 693-3840**

24 hours a day, every day

## Victim Services

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

## 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 & assistance
- ✓ Options
- ✓ Case management
- ✓ Referrals

Compassion and Hope