

## A Message from the Department of Community Affairs

At the Department of Community Affairs, we understand the importance of creating a strong support system that enables a victim to break the cycle of violence. DCA and the State of New Jersey are here to support you.

Through DCA's Division on Women, we have implemented a variety of programs to assist victims of domestic violence and to help prevent other women from becoming victims in the future.

This brochure is designed to help people who find themselves in a support role for a victim of domestic violence. It will give you some helpful tips on how to be truly supportive and outlines the things you should do - and not do - to help.

DCA is committed to breaking the cycle of domestic abuse. If you know someone who is the victim of domestic abuse, we can help. Visit our website at [www.nj.gov/dca/dow](http://www.nj.gov/dca/dow) to learn more.



<b>What you CAN say to someone you suspect is being battered:</b>	<b>What NOT to say to someone you suspect is being battered:</b>
<p><i>"I care about you and I'm sad this is happening to you. You don't deserve to be abused. The violence will get worse. I am afraid for your safety."</i></p> <p>You should:</p> <ul style="list-style-type: none"><li>■ Emphasize that you are concerned. Let the victim know you are supportive and that she is not responsible for what is happening to her – it's not her fault.</li><li>■ Emphasize that when the victim is ready, there are a number of options available to help her. Allow her to make the decision that she needs help. Do not try to diagnose or treat the problem yourself, but offer to help her, including making contact with referral agencies.</li><li>■ Demonstrate that you respect her decision if she decides to stay with her partner, even though you may not agree with it. Some victims leave and return to their partners several times. Let her know you support her no matter what and that going back does not mean failure.</li></ul>	<p><i>"If someone hit me once, I would leave. I don't know why you don't just leave!"</i></p> <p>You don't know why she isn't leaving. Her reality is probably very different than yours. Leaving a partner can be a very difficult process and often is a dangerous process for victims of domestic violence. In most cases, the most dangerous time for a victim is right after she leaves.</p> <p>Also:</p> <ul style="list-style-type: none"><li>■ Don't dismiss her fears of him as if she is overreacting.</li><li>■ Don't try to instill shame in her for making the decision to stay or return to the abusive relationship.</li><li>■ Don't tell her she is a battered woman – let her tell you.</li></ul>

### **What you can do to help:**

- Supply her with referrals to local agencies that help victims of domestic violence.
- Listen without judging – give her plenty of time to talk; listening comes before discussing solutions.
- Continue to be her friend while expressing your concern for her safety.
- Understand that comments about the abuser often will be mixed messages – she will express both good and bad feelings.
- Educate yourself about domestic violence.

### **Remember...**

There are many signs to look for that may suggest someone you know is in an abusive situation. You should be aware of:

- Unexplained injuries
- Someone stalking, monitoring and/or following her
- Repeated phone calls and/or disruptive visits to the workplace
- Absenteeism
- Unexplained changes in performance

**Let the victim decide what to do and what is best for her. She knows her own situation the best. Do not put yourself in physical jeopardy to help. You cannot help anyone if you are hurt.**

## You Can Help End Domestic Violence

- Sometimes, people want to help victims of domestic violence, but don't know what to say
- Sometimes, people say the wrong things
- Sometimes, people are afraid to say anything at all

For many reasons, it is often hard for a woman to acknowledge she is being abused by the person who is supposed to love her.

Talking to a friend who is being beaten may be difficult for you, but it may be the best way to show you care.

If you are concerned about a colleague, friend or family member, the information in this brochure may help.

### Statewide Initiatives

#### **Statewide Domestic Violence Hotline**

800-572-SAFE (7233)

609-392-2990 (TTY)

*Help is available 24 hours-a-day!*

*Translators available in any language*

#### **New Jersey Coalition for Battered Women NJ Association of Domestic Violence Professionals**

609-584-8107

609-584-0027 (TTY)

## Helpful Phone Numbers New Jersey County Domestic Violence Programs

	Phone	TTY
<b>Atlantic</b>	800-286-4184	609-645-2909
<b>Bergen</b>		
<i>Shelter Our Sisters</i>	201-944-9600	201-836-3071
<i>Alternatives to Domestic Violence</i>	201-336-7575	201-336-7525
<b>Burlington</b>	877-871-7551	609-871-7551
<b>Camden</b>	856-227-1234	856-227-9264
<b>Cape May</b>	877-294-2272	609-463-0818
<b>Cumberland</b>	800-286-4353	856-691-6024
<b>Essex</b>		
<i>Babyland Family Violence Program</i>	973-484-4446	973-497-5510
<i>The Safe House</i>	973-759-2154	
<i>The Rachel Coalition c/o Jewish Family Services</i>	973-740-1233	
<i>Linda &amp; Rudy Slucker National Council of Jewish Women (NCJW)</i>	973-994-4994	
<b>Gloucester</b>	866-295-7378	856-881-9329
<b>Hudson</b>	201-333-5700	201-333-0547
<b>Hunterdon</b>	888-988-4033	866-954-0100
<b>Mercer</b>	609-394-9000	609-394-9000 888-252-7233
<b>Middlesex</b>		
<i>Women Aware, Inc.</i>	732-249-4504	732-249-0600
<i>Manavi, Inc.</i>	732-435-1414	
<b>Monmouth</b>	888-843-9262	732-264-3089
<b>Morris</b>	973-267-4763	973-285-9095
<b>Ocean</b>	800-246-8910 732-244-8259	800-246-8910 732-244-8259
<b>Passaic</b>		
<i>Passaic County Women's Center Domestic Violence Program</i>	973-881-1450 888-883-2323 973-777-7638	973-278-8630
<i>Project S.A.R.A.H.</i>	800-767-9470	
<i>Strengthen Our Sisters</i>		
<b>Salem</b>	888-632-9511	856-935-7118
<b>Somerset</b>	866-685-1122	908-359-8604
<b>Sussex</b>	973-875-1211	973-875-6369
<b>Union</b>	908-355-4357	908-355-1023
<b>Warren</b>	866-623-7233	908-453-2553

# What to Do When You Care...

***A support guide  
for families and friends  
of domestic violence victims***



#### **NJ Department of Community Affairs Division on Women**

101 South Broad Street  
PO Box 801  
Trenton, NJ 08625-0801

609-292-8840 • TTY: 609-777-0799

dow@dca.state.nj.us • www.nj.gov/dca/dow