



What to Do if You are Experiencing Domestic Abuse or Violence

Relationship violence, including physical, sexual, and psychological abuse affect millions of people each year. Domestic violence occurs when one person in a current or past relationship feels that they are entitled to control their partner or family member(s), and uses physical force and/or abusive language and behavior to gain or maintain that power. Abuse occurs regardless of a person's age, sex, race, education, socio-economic level, culture and religion.

Abuse can, and usually does take many forms, making it difficult to identify. Frequently, one or more types of abuse and violence occur in a cycle, where the pattern of behavior of the abuser serves the purpose of intimidating and controlling another person. People who experience abuse often experience an array of feelings including:

- Wanting to end the abuse, but not the relationship.
- Feeling fearful, anxious, helpless, depressed, isolated and embarrassed.
- Fearing judgment, stigmatization or rejection from others.
- Denying or minimizing abusive events.
- Withdrawing and isolating from friends and family.
- Feeling guilty, ashamed, responsible, or angry.
- Struggling with religious, cultural, or societal beliefs that reinforce staying in the relationship.
- Still loving the abuser and wanting to save the relationship.
- Feeling responsible for the abuse.
- Worrying about the health and safety of children and pets.
- Fearing poverty, homelessness, and not being able to care for children.

What to do if you need help

- If you are being threatened or are in immediate danger call 9-1-1.
- If possible, create a safety plan including a place to go, and people to contact in case of emergency. Plans are important because in a moment of crisis it may be difficult to think clearly or make logical safety decisions.
- Do not alert an abuser if you are planning to leave.

Mental Health and Social Supports



Emergency Assistance – Where to go for immediate help if you are being abused

- [National Sexual Assault Hotline](#) women, men, LGBTQIA+: 1-800-656-HOPE (4673) [or online hotline](#).
- [National Domestic Violence 24-Hour Hotline](#): 1-800-799-SAFE (1-800-799-7233), [live chat service](#) (English 24/7; Spanish 12-6pm), deaf services (TTY1-855-787-3224, by phone video 1-855-812-1001, nationaldeafhotline@adwas.org), [website](#) also provides guidance for friends and family, legal help, pet assistance and more.
- [la Violencia Doméstica](#) marcando el número de teléfono 1-800-799-7233 o el número TTY (línea telefónica de texto para personas con problemas de la audición y del habla) 1-800-787-3224
- [National Suicide Prevention Lifeline](#) 1-800-273-TALK (8255) (24/7 hotline), 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)
- [1in6 Online Helpline](#) for male survivors of childhood sexual abuse and adult sexual assault.
- [LGBTQ National Hotline](#): 1-888-843-4564

Non-Emergency Resources

- [Get Help Now](#): This directory lists organizations in the state of Oregon that provide assistance to women in domestic violence situations.
- Oregon Coalition Against Domestic & Sexual Violence – list of local services and resources. <https://www.ocadsv.org/find-help>
- For those experiencing stalking [National Center for Victims of Crime](#) or 1-202-467-8700
- [Firearm Safety Tip Sheet](#)
- [Temporary Assistance for Domestic Violence Survivors](#)
- [Oregon Sexual Assault Task Force \(SATF\)](#)
- [LGBTQIA+ Resources \(RAINN\)](#)
- [Oregon Coalition Against Domestic and Sexual Violence](#)
- [National Alliance to End Sexual Violence](#)

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Resources for those concerned about someone experiencing violence

- [Help a Friend, Family Member, Teen or Coworker](#) – National Domestic Violence Hotline
- [Guidelines for friends, families and neighbors](#) of those experiencing family violence.