Domestic Abuse

Women are usually the battered ones in a relationship, although men can be battered as well. One woman in 5 is battered by their male partners at least once. Many times these episodes are related to drinking too much or taking drugs. No matter what was said or done, no one deserves to be abused. This is a very painful and controlling situation. Taking action to save yourself from further abuse is not always easy. You have a right to:

- **Shelter -** There are organizations and temporary residences in most areas where you can get some protection and help.
- **Counseling -** The facts must be faced and the situation changed. Contact a counselor who works with abused men or women.
- **Legal Aid -** Sometimes legal action is needed to protect yourself and your children. Bring your abusing partner for the help they need.

We are here to treat your injuries, and to help prevent this from happening again. **Contact the authorities if you think your life is in danger. A court protection order can be obtained, or you and your children can go to a safe house.** Contact your local Domestic Violence Program or website www.ndvh.org for further information and support.

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