

If You Are Abused...

- Protect yourself, especially your head and abdomen.
- Try to get away – lock yourself in another room or run outside.
- Scream or call for help.
- Do whatever you need to prevent further violence.

After an attack, these are some Things you need to do:

- Put an escape plan into action
- Take the children with you
- Get to a safe place
- Call the Police
- Get medical attention

Shelter

If you need a safe place, get to a shelter. If a friend or relative is unavailable to drive you to a shelter, call the Helpline **888-200-8426**.

Remember that shelters are in a hidden location for your safety and they will offer you emergency housing, short-term counseling and other information.

If you must leave home, have an emergency supply of cash, clothing and identification (Social Security numbers, birth certificates of children) check book or bankbook, car and house keys with you.

The Crawford County Domestic Abuse Project

We are a group of concerned citizens and professionals who want to help. We know that domestic violence is a major problem and that it hurts many families in our communities. Financial support for this project is provided by a grant from the State of Wisconsin Division of Community Services and local donations.

Emergency Phone Numbers

Helpline	888-200-8426
To call for an advocate	608-326-1616
Prairie du Chien Police Dept.	608-326-2421
Crawford Co Sheriff's Dept.	608-326-8414
PdC Memorial Hospital ER	608-357-2222
Victim/Witness Coordinator	608-326-4802
Crawford Co Human Services	608-326-0248

Shelters

New Horizons, La Crosse	888-231-0066
Passages, Richland Center	800-236-4325

For More Information

If you have any questions about the Crawford County Domestic Abuse Project or are interested in support groups, please call the Domestic Abuse Project Coordinator weekdays at **608-326-1616**.

Published by the Crawford County
Domestic Abuse Task Force



***We're Here
to Help You.***



What is Domestic Violence?

The abuse, mental or physical, of one person by another person with whom the abused has a significant and intimate relationship.

Domestic Violence can occur in relationships
Whether the couple:

- Is living together or not living together
- Is married, divorced, separated or not married
- Has children or does not have children
- Is a heterosexual or homosexual couple

Domestic Violence can include any or all of the following categories:

- Physical – beating, hitting, shoving
- Verbal/Emotional – swearing, threats, humiliation, playing mind games
- Sexual – forcing sex or unwanted sexual acts
- Economic – having to ask for money, taking money, giving an allowance

Violence is not an acceptable way to deal with anger, stress, economic or relationship problems. Violence is chosen and can be replaced with constructive alternatives.

Help and Support For You

Advocates

An advocate will help you by offering personal support when and where it is needed. The Crawford County Domestic Abuse Project will provide the advocate to help you.
To reach an advocate, call the Helpline
(888) 200-8426

An Advocate Can Assist You in Several Ways:

1. Help you explore options including shelter, counseling and other legal actions and refer you to other community resources.
2. Assist you in making decisions about what you want to gain from the legal system and how you can best protect yourself. The advocate can explain the limitations of the current legal system and what will be required of you.
3. Provide you with moral support and accompany you to the District Attorney's office, Human Services and other agencies.
4. Assist you in finding ongoing support through groups working with battered women.

Crawford County Victim/Witness Coordinator Can Assist You:

1. Help in petitioning the court for a domestic abuse restraining order.
2. Court Escort in restraining order hearings and criminal court proceedings.
3. Advise victims of their rights in domestic abuse criminal proceedings.
4. Make referrals to other community resources for further needs.

Support and Help For Your Children

Children often suffer emotionally or psychologically from living in a home where there is violence. They may also be physically or sexually abused or at risk for abuse. Children may live in terror of violence because they see their mother hit or kicked or verbally abused.

Children who see their mothers beaten feel sorry for them, but children may also blame her for not defending herself or leaving.

If you are a victim, your children also need help. Talk to your advocate about how the violence has affected your children and how the children can be helped.

HELPLINE – 888 200 8426
Available 24 hours a day,
7 days a week.