

RECEIVING HELP

- Your local domestic violence shelter will have many services to offer you. Some of these services include: crisis counseling, emergency shelter, legal advocates to assist with TPOs and to attend court with you for emotional support, support groups, assistance with safety planning, and other referrals as needed (financial assistance, etc.) **Clayton County Battered Women: 770-961-SAFE. For the closest Battered Women's Association: 1-800-33HAVEN**
- Talk to someone you trust (a friend or relative). Seek help from those who care about your safety. Tell them about the abuse. Ask a friend or relative to go with you to appointments and court hearings for emotional support.
- Join support groups through your local domestic violence shelter. Many women at these groups are going through similar situations and emotions as you. Attend support groups even if you are only thinking about leaving.
- Go to counseling. Usually your local domestic violence shelter can refer you to agencies that have free counseling or sliding scale counseling (based on your income). **Get your children into counseling.**
- Create a support system that includes friends, family members, your children, your employer, and support groups. Your support system is what will give you strength and hope. If you have left the relationship and are tempted to return, talk with a friend, relative, shelter advocate, or at a support group. Write down incidents of abuse and review them when you are tempted to the relationship.