

Emergency Safety Plan

- ☐ Tell someone you trust what is happening.
- ☐ Keep a cell phone hidden.
- ☐ Make a plan for what you will do if you have to leave home, even if you may never use it.
- ☐ Talk to your children about what to do when things get scary.
- ☐ Trust your instincts and judgment.
- ☐ If you have a protection order, carry it with you at all times.
- ☐ Keep your important documents hidden.
- ☐ Keep an extra pair of car keys.

How can you help...

- ⇒ Reach out, let your friends know you are concerned.
- ⇒ Don't judge or criticize.
- ⇒ Remain patient, open-minded and supportive.
- ⇒ Take time to listen.
- ⇒ Don't pressure your friend to leave.
- ⇒ Respect your friend's decisions.
- ⇒ Ask, "How would you like me to help and/or support you?"
- ⇒ Help your friend with a safety plan.
- ⇒ Agree on a secret code word that can be used between both of you in case of an emergency.
- ⇒ Call El Refugio, Inc. for Information, resources.

Donate to El Refugio, Inc.

- ⇒ Donate your time.
- ⇒ Donate your money.
- ⇒ Donate kitchen items, towels, hygiene items, toothbrushes, etc.



El Refugio, Inc.

Domestic Violence and Victim Advocacy in Southwest New Mexico

DOMESTIC VIOLENCE And SEXUAL VIOLENCE SERVICES

24-Hour Crisis Line & Shelter

(575)538-2125 or 1-888-538-2125

Business Office

800 S. Robert Street

Silver City, New Mexico 88061

(575)538-2125 Fax: (575)538-0495

www.eridv.org

<https://www.facebook.com/elrefugioinc>

Mission Statement

El Refugio empowers all persons affected by domestic and sexual violence by providing advocacy, education and services in a safe and supportive environment.

Services

As a member of the New Mexico Coalition Against Domestic Violence, services are dedicated to providing a wide array of resources to victims of domestic and sexual violence in our community.

- ⇒ 24-hour Crisis Line
- ⇒ Emergency Shelter for Domestic Violence
- ⇒ DV Victim Support Groups
- ⇒ Legal Advocacy
- ⇒ Transitional Housing
- ⇒ Rapid Rehousing
- ⇒ Community Education & Training
- ⇒ Community Outreach
- ⇒ Domestic Violence Offender Intervention
- ⇒ Domestic Violence Counseling/Adults
- ⇒ Sexual Assault Counseling/Adults
- ⇒ Play Therapy/Children

All services are free and confidential.

Do you...

- ☐ Feel scared or unsafe around your partner?
- ☐ Make excuses for your partner's behavior?
- ☐ Avoid doing things that would cause a conflict?
- ☐ Always do what your partner wants you to do?

Does your partner.....

- ⇒ Regularly criticize you, call you names, or put you down?
- ⇒ Embarrass or humiliate you in public?
- ⇒ Threaten to hurt your friends, family, pets, or themselves?
- ⇒ Control your access to money or a car?
- ⇒ Deny you food, money, or meds?
- ⇒ Force you to have sex or engage in sexual acts?
- ⇒ Deny, minimize, make excuses, and blame others for their behavior?
- ⇒ Have affairs or accuse you of being unfaithful?

This project was supported by sub grant #2018-VA-622, awarded by the NMCVRC for the VOCA VA Grant Program. The opinions, findings, conclusions and recommendations expressed in the publication/program/exhibition are those of the author(s) and do not reflect the views of the Department of Justice, Office for Victims of Crime or the New Mexico Crime Victims Reparation Commission.

Domestic Violence

It's not your fault.

- The perpetrator is responsible for their behavior and is the only one who can stop the abuse.

It's about power and control.

- Perpetrators use intimidation, isolation, control resources, manipulation, and the legal system.

It's not just physical abuse.

- It takes many forms including, emotional, verbal, financial and/or spiritual.

It's a pattern of behavior.

- It is not an isolated incident, it is a series of incidents. The relationship may not be bad all the time, but forms of abuse can get worse.

It is NOT caused by anger, alcohol use, or mental health issues.

- These may escalate the abuse or increase the risk for victims, but are not the CAUSE of abusive behavior. It is a choice.