



DOES THE PERSON YOU LOVE...

- "Track" all of your time?
- Constantly accuse you of being unfaithful?
- Discourage relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or using drugs?
- Control all finances and force you to account for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, or bite you or the children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Force you to have sex against your will?

If you find yourself saying yes to any of these,
it's time to get help.

Toll FREE Crisis (866) 593-9999

DOMESTIC & SEXUAL VIOLENCE

AFFECT EVERYONE

ALL races

ALL genders

ALL ages

ALL religions

ALL professions

EVERYONE

Domestic violence is the use of power and control within an intimate relationship. It's not always physical abuse. It can be mental, verbal, emotional, or financial. It affects all ages, sexes, cultures, professions, and incomes levels. Sexual violence is someone forcing or manipulating someone else into unwanted sexual activity without their consent, regardless of the relationship. Both are epidemics affecting all communities. If you or someone you know needs help, talk to someone or call!

**SUPPORTING
HEALTHIER AND
SAFER FAMILIES
AND COMMUNITIES**



TOGETHER WE CAN DO SO MUCH!

EMERGENCY HOUSING

- Safety planning
- Case management
- Advocacy and support for domestic and sexual violence survivors

OUTREACH SERVICES

- 24-hour crisis response
- Non-residential support
- Community and professional training

PREVENTION PROGRAMMING

- Dating violence and sexual assault prevention programming
- Specialized training for alcohol-serving establishments

CHILDREN'S PROGRAMMING

- Specialized programming
- Support and education groups
- Advocacy
- Recreational opportunities



**Want to do something to help,
but not sure where to start?**

Here are five ways you can help.

SPEAK OUT

If you know someone experiencing domestic or sexual violence, speak out for them. Call Alternatives Inc. to get information to support and encourage them to live a healthier and safer life.

SHARE THE STORY

Call Alternatives Inc. and schedule a presentation or program for your club or organization.

DONATE SUPPLIES

Gifts of linens, personal care items, laundry products, and food stretch the shelter's budget and extend services.

VOLUNTEER YOUR TIME

Many agency programs depend on volunteers to keep costs in line.

JOIN OUR ADVOCACY CLUB

Support Alternatives Inc. with a financial contribution that shows your commitment for a healthier community.

**Serving Madison, Hamilton,
Hancock, Henry, Marion,
and Tipton Counties**

P.O. Box 1302
Anderson, IN 46015

Office (765) 643-0218
Local Crisis (765) 643-0200

Elwood Outreach Office (765) 552-4721
Hamilton Co. Outreach Office (317) 776-6371 Ext. 1235
Hancock Co. Outreach Office (317) 462-8777
Tipton Co. Outreach Office (765) 675-1409

Toll Free Crisis (866) 593-9999

www.alternativesdv.org

Email for questions, not crisis
info@alternativesdv.org



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