

# RESOURCES



## Crystal Judson Family Justice Center

718 Court E  
Tacoma, WA 98402  
Monday - Friday  
8:30am-4:30pm  
[aplaceofhelp.com](http://aplaceofhelp.com)



TDD  
(253) 798-4620

Crisis Helpline  
(253) 798-4166  
1-800-764-2420

## YWCA Shelter and Crisis Line

405 Broadway  
Tacoma, WA 98402  
Crisis line – 253-383-2593  
24 hour Crisis Email:  
[crisis@ywcapiercecounty.org](mailto:crisis@ywcapiercecounty.org)  
Office – 253-272-4181

## WA State Domestic Violence Hotline

1-800-562-6025

## National Domestic Violence Hotline

1-800-799-7233 / TTY # 1-800-787-3224

## JBLM Family Advocacy Program

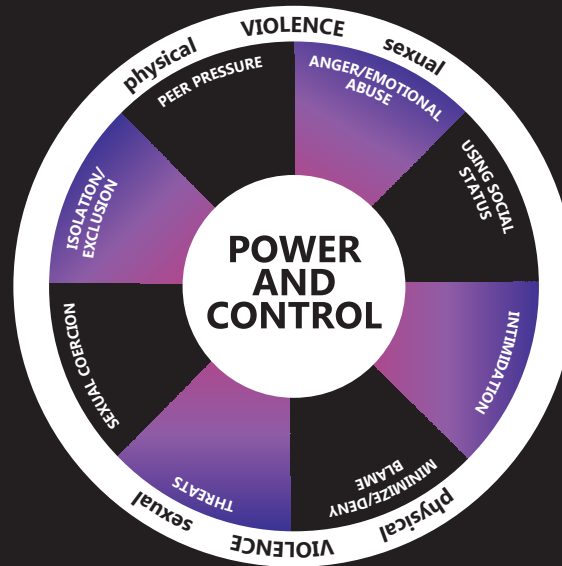
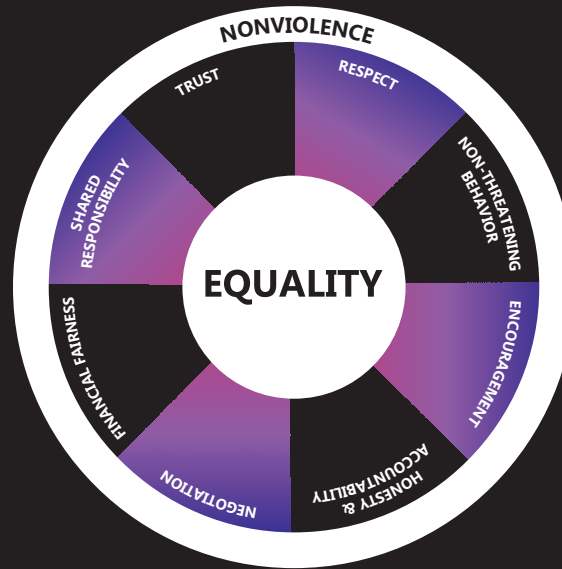
253-966-7233

## Rebuilding Hope

(Pierce County Sexual Assault Center)

1-800-756-7273

253-474-7273



## Power and Control Wheel

Domestic Violence/Intimate Partner Violence is a combination of a number of different tactics of abuse. The Power and Control Wheel is a tool that helps explain the different ways an abusive partner can manipulate a relationship to establish and maintain power and control over the person they are abusing.



## WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of behavior that is used by one partner to manipulate and gain power and control over the other partner. These can include, but are not limited to:

- Physical harm.
- Threats and/or coercion to force the victim to do something they don't want to do.
- Emotional, mental and verbal abuse including threatening to cause physical harm, name calling, putdowns, blaming, destroying victim's self-esteem or creating a situation that makes the victim dependent on the abuser.
- Isolation from family or friends.
- Intimidation through gestures or looks.
- Economic abuse by controlling access to finances.
- Stalking by following, monitoring phone, computer and/or social media.
- Sexual abuse, which can include sexual coercion (this can happen even in relationships where sex has been consensual in the past).
- Abuse or threats towards pets.
- Threats regarding the children—threats to withhold access to the children, threats to call CPS or using the children to monitor the victim.

## BARRIERS TO LEAVING

There are many reasons why a victim might feel as though they cannot leave. It is important to realize that each and every reason is real and true to the victim's own sense of survival.

- A feeling that they have nowhere to go.
- No access to finances.
- Lack of reliable transportation.
- Threats of violence towards the victim or the victim's loved ones.
- The abuser threatening to harm themselves if the victim leaves or tells others about the abuse.
- The victim might not believe that they have the physical, mental or emotional strength in themselves to be able to leave and be successful away from their abuser, because the abuser may have told them repeatedly that they can't survive without them.
- Abuse often starts slowly and subtly, and gradually becomes worse over time making it difficult for the victim to remember what safe and healthy looks like.
- The abuser has made promise after promise that they will change, if only the victim stays. The victim may still love the abuser and want to believe these promises.

## YOUR ROLE

Leaving an abusive relationship is a process and can be a dangerous time. In order for your support to be sustained, it is important that you not only look after yourself emotionally, but also physically and mentally. It is important for you to set your own boundaries and to have your own safety plan.

If all this seems overwhelming, remember these words:

**// No matter what you decide to do, I will support you and I will be here for you whenever you need me."**

Or, if you can't or don't want to say that, how about, "There are free and confidential services that can help you any time of the day or night. You are not alone."

**SUPPORT = SUCCESS**