

**Get Help! Get Out!**

## Resource Page for Escaping Domestic Violence

### What is Domestic Violence?

<https://domesticviolence.org/definition/>

<https://www.psychologytoday.com/us/basics/domestic-violence>

<https://www.wadvocates.org/find-help/about-domestic-violence/what-is-domestic-violence/>

<https://helpingsurvivors.org/domestic-violence-and-sexual-abuse/>

### Facts

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**Why get help? Because some experts say** - every year, more than 3 million women in the U.S. are abused, and more than 1,600 are killed by their abusers. **75 percent of domestic violence-related homicides occur upon separation.**

Women are 70 times more likely to be killed in the two weeks after leaving than at any other time during the relationship.

Sources: Justice Department, Violence Policy Center, Domestic Violence Intervention Program; Mississippi Attorney General's Office

The **National Crime Information Center** reports that, in **2016, there were 5,712 reports of missing** American Indian and Alaska Native women and girls, though the US Department of Justice's federal missing persons database, NamUs, only logged 116 cases.i,ii

The **Center for Disease Control and Prevention** has reported that **murder is the third-leading cause of death among American Indian and Alaska Native women** and that rates of violence on reservations can be up **to ten times higher than the national average.**iii

**Please understand domestic violence is not the only form of abuse.**

**Do you know there are five major types of abuse:**

They include emotional, mental, physical, financial, sexual, and spiritual types of abuse. And not one of them is ever an act of love.

Friends, do you know how much Creator God loves and values you? I hope you'll take the time to discover how important you are to Him.

### **So let's talk about what love is.**

Love is kind, tender, patient, truthful, respectful, selfless, and humble. Love uplifts and encourages. It never tears a person down.

I'd like to encourage you to recognize the difference between what love is and isn't and to seek help if you know of someone in an abusive relationship.

### **Why Won't Women Leave**

<https://www.center4research.org/doesnt-just-leave-barriers-getting-abusive-relationships/>

<https://womenagainstabuse.org/education-resources/learn-about-abuse/why-its-so-difficult-to-leave>

[https://www.joinonelove.org/learn/why\\_leaving\\_abuse\\_is\\_hard/](https://www.joinonelove.org/learn/why_leaving_abuse_is_hard/)

### **Get Help**

<https://www.thehotline.org/>

<https://ncadv.org/get-help>

<https://www.safehorizon.org/get-help/domestic-violence/#overview/>

<https://www.nj.gov/dcf/women/domestic/>

### **Make an Exit Plan**

<https://www.haven-oakland.org/get-help/step-by-step/escape-plan>

<https://www.healthyplace.com/abuse/domestic-violence/domestic-violence-safety-plan-how-to-create-implement-one>

<https://reolink.com/blog/domestic-violence-safety-plan/>

## **Encouragement**

God is within her, she will not fall; God will help her at the break of day. Psalm 46:5

I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. Psalm 139:14

For I know the plans that I have for you, declares the Lord, plans for good and not for harm, to give you a future and a hope. Jeremiah 29:11

Blessed is she who believes that the Lord would fulfill His promises to her. Luke 1:45

## **Days to Remember**

Please, put May 5<sup>th</sup> in your calendar and pray for the Indigenous families of the murdered and missing. Wear red.

Please, consider observing October as National Domestic Violence Awareness Month by wearing purple.

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