

Emotional Effects of Abuse

Below are some of the results of an abusive/controlling relationship. Have you experienced any of these feelings as a result of a relationship you are in or have been in?

- Unhappy
- Powerless
- Isolated
- Frustrated
- Angry
- Lost
- Ashamed
- Enraged
- That I lost control of my life
- That my “self” was lost
- That I wanted revenge
- That I lost my self-esteem
- That I lost contact with family and friends
- Loss of confidence
- Loss of trust
- Degraded, dirty
- Angry at myself

**Remember, you are
not responsible for
another person’s violence.**

WELCOME TO Women’s Empowerment Center

*Our mission is to end
intimate partner violence in the lives of
women and their children.*

If you need to talk following your appointment, please remember that someone is available to answer your call 24 hours a day, 7 days a week at:

(412) 687-8005 Toll free 1-877-338-8255

Women’s Center Services Include:

- 24-hour hotline for counseling, information, and referral
 - Temporary safe shelter for abused women and their children
 - Support groups for women who have experienced domestic abuse
 - Legal options counseling and court accompaniment
 - Services for children raised in violent homes
- Community education, professional trainings, and school programs

We Are Here For YOU!



United Way
Contributor Choice #110

Combined Federal Campaign Code #81018

Women’s Center & Shelter of Greater Pittsburgh is a 501(c)(3) non-profit organization – donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of the Women’s Center & Shelter of Greater Pittsburgh may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

**We Are
Here to
Listen...**



**Women’s Center & Shelter
of Greater Pittsburgh**

www.wcspittsburgh.org

You are a victim of domestic violence if...

...you are being physically, sexually, emotionally, verbally, financially, or spiritually abused and controlled by a person with whom you currently have, or formerly had, an intimate relationship.

...your partner is very jealous, possessive, bad-tempered, critical; needs to *control* your behavior, decisions, and choice of friends; becomes violent while drinking or using drugs.

...you feel embarrassed, ashamed, depressed, afraid, helpless, confused, angry, or are having sleeping or eating problems because of problems in your intimate relationship.

Examples of abusive behaviors

Physical: hitting, strangling, grabbing, reckless driving, harming children, harming pets, destroying property

Verbal: name calling, yelling, putdowns, threatening harm, interrogating, blaming, blackmailing

Sexual: forcing unwanted sexual behavior, shaming, using sex as control, adultery, degrading partner because of gender, rape

Emotional: isolating from family & friends, lying, controlling decisions, intimidating, mind games, telling you how to think/feel, possessiveness, bringing up the past, using the children against you, threatening suicide

Financial: concealing money, using your assets without permission, preventing you from getting a job, making you account for every penny spent

Spiritual: criticizing beliefs/traditions, insisting you follow partner’s religious practices, destroying spiritual scriptures/objects

Systems: unjustified PFAs, threatening deportation, falsely accusing you of crime, reporting to CYF, unjustly committing to psychiatric facility, threatening or taking custody of children

Be Prepared — Make a Safety Plan

Safety planning can save your life.

If you feel you are in danger and decide to leave your home before you are abused or the violence gets worse, you may do so without losing the right to return home. If you leave for safety reasons, you cannot be accused of desertion.

Emergency Safety Planning

- Tell someone you know and trust what is happening to you so you have someone to turn to if you need to leave quickly
- Share your safety plan with trusted people only, not your abuser
- Have a signal with friends, family, & neighbors to alert them when you need help (flickering lights, code word)
- Have the phone numbers of local police and shelter handy
- Keep extra keys, money, clothes, and important legal and medical documents with someone you trust
- Teach your children to go to a neighbor's to call police during an attack
- Call to find out about shelter services before you have to use them
- Get medical attention when injured and truthfully report what happened
- Keep a written & photographic record of all abuses, injuries, and threats

If you would like to discuss safety planning or design a personalized safety plan, please call your counselor or our hotline.

LETHALITY Assessment

 THREATS OF SUICIDE/HOMICIDE	 ANGER/RAGE	 HOPELESSNESS
 ACCESS TO WEAPONS	 STALKING/WATCHING	 DRUG AND ALCOHOL ABUSE
 ABUSE OF ANIMALS	 DEPRESSION	 ACCESS TO HER
 VIOLATION OF PFA	 ESCALATION OF ABUSE	 CENTRALITY OF VICTIM

The presence of one or more of these factors can indicate severe danger

Protection from Abuse Order

You may be able to obtain *immediate* court mandated protection through a **Protection from Abuse Order (PFA)**, regardless of whether or not the police or you bring criminal charges against your abuser. The order is issued by Family Division, Court of Common Pleas, and it can do any or all of the following:

- order the abuser to stop the violent behavior and refrain from harassing, contacting, or stalking you
- exclude the abuser from the residence
- grant temporary custody of minor children
- order payment of temporary support

Obtaining a PFA

Weekdays

Allegheny County Family and Juvenile Court
440 Ross Street, Room 3030
Downtown Pittsburgh

You must arrive between 9am and 11am. You will see the judge at 1pm to request the order. The court's PFA coordinator and legal advocates will be available to assist and support you. You may be eligible for a free attorney to represent you at the PFA hearing one week later, but you must stay after 1pm to apply for this service. Childcare is available while you are in court.

After 1:30pm, you can get a PFA from your local District Justice.

Weekday Nights & Weekends

Emergency PFAs available at:
Night Court
660 First Avenue
Downtown Pittsburgh
(next to the new jail)

For more information, please call 412.350.3240

Legal Advocacy: (412) 355-7400

We are here to LISTEN...
Not to work miracles.

We are here to HELP women DISCOVER
What they are feeling...
Not to make feelings go away.

We are here to DISCUSS STEPS with a
woman...
Not to take the steps for her.

We are here to HELP a woman DISCOVER
her own STRENGTH...
Not to rescue her and leave her still vulnerable.

We are here to HELP a woman DISCOVER
SHE CAN HELP HERSELF...
Not to take responsibility for her.

We are here to HELP WOMEN LEARN TO
CHOOSE...
Not to keep them from making difficult choices.

WE ARE HERE TO PROVIDE SUPPORT
FOR CHANGE.

-Anonymous



Women's Center & Shelter
of Greater Pittsburgh

PO Box 9024

Pittsburgh, PA 15224

Hotline—(412) 687-8005

Administration—(412) 687-8017