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# YOUR VOICE

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BE HEARD

A guide to services available  
to empower victims of  
**DOMESTIC VIOLENCE**



**Governor Nikki Haley and the SC Department  
of Labor, Licensing and Regulation**

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## **SOUTH CAROLINA STANDS UP AGAINST DOMESTIC VIOLENCE**

To counter the culture of domestic violence in South Carolina, Governor Nikki Haley established the Domestic Violence Task Force to comprehensively address the cultural issues surrounding domestic violence in the State of South Carolina, including social, economic, and geographic issues as well as professional standards and best practices within government and non-government organizations.

For more information, visit:  
<http://governor.sc.gov/Pages/>

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**SC Department of Labor,  
Licensing and Regulation (LLR)**

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Stanford University School of Medicine  
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Centers for Disease Control and Prevention

## IS IT HAPPENING TO YOU?

**It's not your fault. It's against the law.  
It affects your health and your children.**

### You are not alone

People of all races, education levels, and ages experience domestic abuse. In the United States, more than 5 million women are abused by an intimate partner each year.

Nationally, **South Carolina** is ranked among the highest in Domestic Violence.

**Domestic Violence** is when one person in a relationship purposely hurts another person physically or emotionally. Domestic Violence is also called **Intimate Partner Violence** because current or former spouses, boyfriends or girlfriends, dating partners, or sexual partners often cause it. It can occur between heterosexual or same-sex couples and does not require sexual intimacy.

**Domestic Violence** includes:

- **Physical Abuse** like hitting, shoving, kicking, biting, or throwing things.
- **Emotional Abuse** like yelling, controlling what you do, or threatening to cause serious problems for you.
- **Sexual Abuse** like forcing you to do something sexual you don't want to do.
- **Stalking** like repeated, unwanted phone calls/texts, spying, or making physical threats.

## WHAT SERVICES CAN HELP YOU?

Local agencies can offer: <ul style="list-style-type: none"> <li>• support in deciding what to do</li> <li>• legal options</li> <li>• counseling for you and children</li> <li>• a safe place to go in an emergency</li> </ul>	<b>Emergency 911</b> <ul style="list-style-type: none"> <li>• ask police to take pictures</li> <li>• get name and badge # of officer</li> <li>• get police case #</li> <li>• you have a right to get a restraining order</li> </ul>
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### COMMUNITY RESOURCES AND HOTLINES—UPSTATE

<b>Abbeville County</b>	
Beyond Abuse.....	888-297-4546
The Safe Home.....	866-598-5932
<b>Anderson County</b>	
Foothills Alliance.....	800-585-8952
Safe Harbor.....	800-291-2139
<b>Edgefield County</b>	
Cumbee Center to Assist Abused Persons (CAAP).....	803-649-0480
Meg's House.....	800-447-7992
<b>Greenville County</b>	
Mary's House.....	864-855-1708
Safe Harbor.....	800-291-2139
Julie Valentine Center.....	864-467-3633
<b>Greenwood County</b>	
Beyond Abuse.....	888-297-4546
Meg's House.....	800-447-7992
<b>Laurens County</b>	
Beyond Abuse.....	888-297-4546
The Safe Home.....	866-598-5932
<b>McCormick County</b>	
Cumbee Center to Assist Abused Persons (CAAP).....	803-649-0480
Meg's House.....	800-447-7992
<b>Oconee County</b>	
Foothills Alliance.....	800-585-8952
Safe Harbor.....	800-291-2139
<b>Pickens County</b>	
Pickens County Advocacy Center.....	864-442-5500
Mary's House.....	864-855-1708
Safe Harbor.....	800-291-2139
<b>Saluda County</b>	
Cumbee Center to Assist Abused Persons (CAAP).....	803-649-0480
The Safe Home.....	866-598-5932
<b>Spartanburg County</b>	
SAFE Homes-Rape Crisis Coalition.....	800-273-5066
<b>NATIONAL RESOURCES AND HOTLINES</b>	
National Domestic Violence Hotline.....	800-799-SAFE(7233)
National Sexual Assault.....	800-656-HOPE(4673)
National Teen Dating Abuse.....	866-331-9474
Domestic Abuse Helpline for Men and Women.....	888-743-5754
<b>FIND A SHELTER</b>	
NCADV.....	www.domesticshelters.org

## HOW SAFE ARE YOU?

**Plan now on where you can go if you don't feel safe.**

If any of the following are true, your situation may be more dangerous.

- Has the violence been getting worse, more often, or scarier lately?
- Has your partner ever choked you, or injured you while you were pregnant?
- Has your partner ever injured pets or someone outside the home?
- Does your partner have an alcohol or drug abuse problem?
- Is there a gun in the house?
- Are the children in danger?
- Does your partner know you are planning to leave?
- Has your partner threatened to kill you/him/herself?

### IF YOU STAY

#### Increase safety at home

- Try to remove yourself and children before violence begins.
- You can ask police to remove a gun from your home.
- In an argument avoid rooms with no exits or possible weapons.
- Avoid wearing scarves and long necklaces at home.
- Put a phone in a room you can lock, and plan an escape route.
- Tell someone—choose a signal with neighbors to call police.

#### Increase safety for your children

- Teach them to call 911 and know their address and phone number.
- Make a code word for them to call 911.
- Plan and practice an escape route and a safe place to go.
- Teach them not to get in the middle of a fight.

### IF YOU DECIDE TO LEAVE

- **Leaving is a time of high risk for injury or death.**
- **Before you leave, call a hotline for advice on your plan.**
- **You can ask police to protect you when you leave.**
- **DON'T TELL YOUR PARTNER BEFORE YOU GO.**  
[www.thehotline.org](http://www.thehotline.org)      [www.womenslaw.org](http://www.womenslaw.org)

#### Pack a bag and hide it, or give it to someone you trust

- clothes, jewelry, money
  - cash, change for pay phones, credit & ATM cards
  - checkbook, bank account #s, pay stub
- keys (house, car, office, safety deposit box)
- phone, phone calling card, phone/address book
- medications, glasses, toiletries, diapers, pictures, keepsakes, toys, books

#### Make copies (if safe) or take important papers

- birth certificates/passports/soc. sec./immigration/work permits
- driver's license/picture ID/marriage/divorce/custody papers
- titles/deeds/car registration/car and other insurance
- lease/rental papers/rent receipts
- health insurance cards/important medical records
- school records/immunization (shot) records
- evidence of abuse: journal/photos/police or medical reports/ROs
- photos of abuser to give to school, office security, etc.