



Have you (or someone you know) been:

- Hit ... (pushed, shoved, pinched, or bitten)
- Threatened...
- Controlled...
- Isolated...
- Blamed for the partner's problems or feelings...
- Put down or called names?

Is the partner:

- Jealous...
- Demanding...
- Possessive....
- Controlling...

Do you know:

- How to be safe?
- Where to get help?
- Abuse isn't your fault?

**Call This Number For Help...
(828) 693-3840**

**Crisis and Phone Line
24 hours a day, every day**

PLEASE, if you have questions, need some help, or just want to talk, call us or come by - that's why we're here.

Mainstay, Inc.

133 5th Avenue West
Hendersonville, NC 28792
828-693-3840 office
828-696-8104 fax
www.mainstayhelp.org

**Do You Know
someone who
does not have
a safe place
to live?**

**Call this number
for help...**

828-693-3840

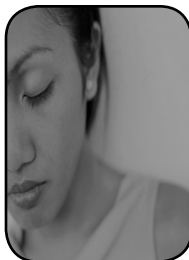
**24 hours a day
Every Day**

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Did You Know?

⌘ Domestic violence is defined as a pattern of abuse and control used by one person in an intimate relationship over another.

⌘ Fifty percent of all homeless women and children in this country are fleeing domestic violence.



⌘ Every 15 seconds a woman is physically assaulted within her home.

⌘ As violence against women becomes more severe and more frequent in the home, children are 300% more likely to experience physical violence by the male batterer.



⌘ Domestic violence affects people from all walks of life without regard to sex, race, religion, social, or economic status.

⌘ Mainstay provides on average emergency shelter for 275 women and children each year. These women and children also received free counseling, support groups, court advocacy and case management.



Things You May Want To Do If You Are Leaving The Relationship

- Obtain copies of needed records (birth certificates, shots, social security cards, marriage license, etc.)
- See an attorney
- Set aside money (utilities, deposit, for rent...)
- Get household things for your new home
- Pack clothes/possessions from home
- Look for a job
- Make baby-sitting and/or daycare arrangements
- Go to the Henderson County Health Department or Blue Ridge Health to sign up for WIC
- Go to the Department of Social Services for Work First Family Assistance check, food stamps, medicaid
- Look for a place to live
- Make arrangements for moving (boxes, trucks, muscles, people, etc...)
- Think about explaining your situation to your child's teacher/counselor
- Sign up for Housing Assistance (HHA, WCCA Section 8.)
- Take out warrant
- Check on your court date

Mainstay Services

... are available free of charge to victims and their children

Response Line: 693-3840

24 hours a day, every day

Victim Services

- ✓ Counseling
- ✓ Case Management
- ✓ Support Groups
- ✓ Spanish Speaking Services
- ✓ Information
- ✓ Options
- ✓ DBT Groups

Youth Services

- ✓ Counseling
- ✓ Parent Support
- ✓ Referrals
- ✓ Child Care during Support Groups
- ✓ Education
- ✓ Parenting

Emergency Shelter

- ✓ Secured environment
- ✓ Nurturing for women and their children

Court Advocacy

- ✓ Provide assistance to victims filing domestic violence protection orders
- ✓ Court support and assistance

Abuse in Later Life

- ✓ Court support & assistance
- ✓ Options
- ✓ Case management
- ✓ Referrals

Compassion and Hope