

CONSIDER

EVERY 1 MINUTE



nearly 20 people are physically abused by an intimate partner in the U.S.

According to the National Coalition Against Domestic Violence, intimate partner violence accounts for 15% of all violent crime. If a gun is involved, risk of homicide increases by 500%.

1 IN 4 WOMEN

will experience severe physical violence in their lifetime.



Approximately 1 in 7 men will also experience severe violence in their lifetime. Intimate partner violence results in higher rates of depression, anxiety, PTSD, suicidal ideation, and higher risks of addiction to alcohol, tobacco, or other drugs. 90% of the 1 in 15 children who are exposed to intimate partner violence are direct eye witness.

5.1 MILLION MEN & 19.3 MILLION WOMEN

will be stalked in their lifetime.

CONTACT

A Better Way Services, Inc.

CALL

765-747-9107

SUICIDE HOTLINE

1-800-273-TALK

24-HOUR CRISIS LINE

765-288-HELP

OTHER RESOURCES

ICADV

Indiana Coalition Against Domestic Violence

24-Hour Hotline: 1-800-332-7385

NCADV

National Coalition Against Domestic Violence

Website: ncadv.org

The National Domestic Violence Hotline

24-Hour Hotline: 1-800-799-SAFE



a better way DOMESTIC VIOLENCE

INFORMATION | ADVOCACY | PREVENTION



OUR MISSION

To reduce domestic abuse, sexual assault and suicide in our community through shelter services, crisis intervention and prevention initiatives.



Learn more at abetterwaymuncie.org

DEFINED

What is Domestic VIOLENCE?

According to the National Coalition Against Domestic Violence, it's defined as "the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another".

THE CYCLE OF VIOLENCE



TYPES OF ABUSE

Physical - Emotional - Verbal - Sexual - Financial

What are relationship RED FLAGS?

KNOW THE WARNING SIGNS

Does your intimate partner...

-  **call you names or put you down?**
-  **get extremely jealous when you talk to your friends or family?**
-  **frequently check up on you or demand to know where you have been or what you are doing?**
-  **hit, push, or hurt you in a physical way?**
-  **pressure you into having sex when you don't want to?**
-  **lose control of temper, then blame you?**
-  **accuse you of lying?**
-  **ignore your thoughts and opinions, and make decisions for you?**

SCORE _____

If you answered yes to one or more of these questions you may be in an abusive relationship.

NO ONE DESERVES TO BE ABUSED!

OUR SERVICES

What can ABW do FOR YOU?

SAFE SHELTER

A Better Way provides safe, emergency shelter for victims of domestic violence and/or sexual assault and their children for 45 days. Trained staff assist clients with housing, employment, emotional support, domestic violence education, and referrals to other service providers as needed.

EMOTIONAL SUPPORT

Support Group: Our Domestic Violence Support Groups meet every Monday evening from 5:30 PM to 6:30 PM and on Wednesday morning from 9:30 AM to 11:30 AM, except on holidays. A Better Way groups are facilitated by a victim advocate. A children's group is also provided during support group hours.

Individual Support: Professional, licensed counselors are available on-site to provide compassionate trauma-informed care; emotional and behavioral services include assessment, individual counseling, and referral to higher levels of integrated care as needed.

LEGAL RESOURCES

Our advocates provide essential sexual assault resources to victims, including accompaniment to court, assistance with protective orders, legal rights education, and overall guidance throughout the legal process.

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