

Who Is an Abuser?

Abusers can be loving and pleasant people when you first meet them. They may be kind to you in public, but abusive when you are alone with them. They may apologize immediately after hurting you, but any abuse—even if it occurs once and seems out of character—can be signs of worse treatment to come.

Types of Abuse

Abuse can take shape in many ways. If you answer YES to any of these questions, you can get help.

- Does your partner keep or take your paycheck against your wishes?
- Does your partner check your cell phone for calls/texts or question where you are when not with them?
- Has your partner restricted the time you spend with friends or family?
- Are you afraid of your partner?
- Does your partner lose their temper often or when drunk?
- Does your partner scream at you or break things near you?
- Has your partner ever pushed or punched you? Choked or slapped you? Bitten or burned you? Grabbed you or pulled your hair?
 - Has your partner forced you to have sex or give them pleasure when you didn't want to?
 - Has your partner threatened to hurt or kill you? Or to kill themselves if you leave?

**IF YOU ARE IN IMMEDIATE DANGER,
CALL 911.**

Refugee Women's Alliance

Main Office

4008 Martin Luther King, Jr. Way S.
Seattle, WA 98108
Phone: (206) 721-0243
Fax: (206) 721-0282
TTY: (206) 721-5299

Domestic Violence Office

PO Box 14373
Seattle, WA 98114
Phone: (206) 721-0243
Fax: (206) 721-3967

Hotlines (24 hours)

Russian, Romanian, and Ukrainian: (206) 954-2903
Somali: (206) 310-5841
Vietnamese: (206) 351-8809
Amharic and Tigrigna: (206) 495-5256

Languages Supported

Amharic
Tigrigna
Somali
Russian
Romanian
Ukrainian
Thai

Lao
Burmese
Arabic
French
German
Spanish
Vietnamese

Swahili
Kikuyu
Italian
Dari
Pashtu
Farsi

**Is someone
hurting you?**

(206) 721-0243

Your confidentiality is our priority.

www.rewa.org



What Is Domestic Violence?

Domestic violence happens when a person in an intimate relationship believes they have the right to control and criticize the feelings, behavior, and/or actions of another person. Their violence or way of controlling can happen in different forms: physical, sexual, and/or emotional. You do not have to feel ashamed if you are being hit. You are not to blame.

Your Rights

Domestic violence and abuse are illegal in the United States. Domestic violence victims are protected by law.

What To Do

- Talk to somebody you trust: a friend, relative, or someone from your job or faith community.
- Call a 24-hour crisis intervention service. They can provide information about domestic violence and your legal options, including prosecution or how to obtain a personal protection order. They offer counseling and support groups.
- Create a safety plan for you and your family.

YOU are the expert about your own life. Don't let anyone talk you into doing something that is not right or safe for you.

ReWA's Domestic Violence Program

ReWA provides comprehensive and culturally appropriate advocacy and support to immigrant and refugee victims of family violence and/or sexual assault and includes:

- Cultural and linguistic support in 20 languages, including hotlines in seven (7) different languages
- Assistance with applying for protection orders and developing safety plans
- Support groups and mental health counseling for women who have experienced violence or who are at risk of violence
- Referral to community resources, housing services, and emergency shelters
- Community education and outreach to increase awareness of and help prevent domestic violence and sexual assault in refugee and immigrant communities
- Consultation and training to service providers and law enforcement agencies

Every year we help more than 1,000 survivors leave their abusers and start a new life.



Resources

Emergency

Police (Emergency) 911

Domestic Violence

Refugee Women's Alliance (ReWA)
(206) 721-0243

Peace in the Home Helpline 1 (888) 847-7205

Abused Deaf Women's Advocacy Services (ADWAS) (206) 922-7088

API Chaya Helpline (877) 922-4292 / Office (206) 467-9976

Consejo Counseling & Referral Services (206) 461-4880

Northwest Network of Bisexual, Trans, Lesbian and Gay Survivors of Abuse (206) 568-7777

Seattle Indian Health Board (206) 324-9360

National Domestic Violence Hotline 1 (800) 799-7233

Housing/Shelters

Broadview Emergency Shelter (206) 299-2500

Domestic Abuse Women's Network (DAWN) 1 (877) 465-7234

East Cherry YWCA (206) 568-7845

Lifewire (425) 746-1940 / 1 (800) 827-8840

New Beginnings (206) 522-9472

