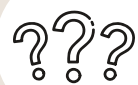


# What to Do

## When you are a victim of domestic violence



### Who can be a victim?

ANYONE can be a victim of domestic violence regardless of age, race, gender, gender identity, sexual orientation, religious belief or socioeconomic status. Students can also be victims of domestic abuse both on and off campus.

- 1 in 4 **men** are victims of domestic abuse.
- Fear of retaliation and lack of safe options often deter people from reporting abuse.
- Domestic abuse is NEVER the victim's fault!
- Taking action against abuse *does* mean that you may have to make a report, involve the police or go to court.
- NO ONE deserves abuse!

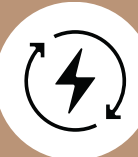


### Are you being abused?

No one likes to think of themselves as a victim. These questions may help you understand if you are experiencing domestic violence or are dealing with an abusive partner:

- Are you isolated from your family, loved ones or support system?
- Does the person call you multiple times or show up unannounced to verify your whereabouts?
- Are guilt and coercion used to pressure you into sexual behaviors before you are ready?
- Does the person make you feel like there is no way out of the relationship or prevent you from doing things you want to do?
- Is the person harming you emotionally, mentally or physically?

If you answered YES to any of these questions, you might be experiencing domestic abuse.



### What now? REPORT!

- Report the incident or pattern of behavior at:
- The family unit at your local courthouse
  - The county where you fled to for safety
  - Local police precinct

#### In Essex County:

- Unit name: Family Division Non-Dissolution Unit
- Address: Robert N. Wilentz Justice Complex - Family Courthouse, 212 Washington Street, Suite 113, Newark, NJ 07102
- Phone number: 973.776.9300 ext. 55520

For information in other NJ Counties:

[www.njcourts.gov/public/directories/court-services/family-offices-dir](http://www.njcourts.gov/public/directories/court-services/family-offices-dir)



### What now? Reach Out!

If you are not ready to report, please speak with someone about what is happening. There are several resources available to you.

#### New Jersey

- New Jersey Statewide Domestic Violence Hotline: 1.800.572.7233
- New Jersey Division on Women: 609.888.7164

#### Essex County

- Domestic Violence Shelter Hotline: 973.759.2154
- NJ Coalition to End Domestic Violence: [njcedv.org/programs/](http://njcedv.org/programs/)

#### National

- National Domestic Violence Videophone for Deaf Survivors: 1.855.812.1001 or text: LOVEIS to 22522
- National Domestic Violence Hotline: 1.800.572.7233 or text: START to 88788 or: [www.thehotline.org/](http://www.thehotline.org/)



### Relief

**Get a restraining order.** You may file:

- Where you live
- Where you are temporarily living\*
- Where the abuser lives
- Where the abuse occurred

\*If you have fled and do not want your abuser to know where you are, be sure to file the restraining order in the county of your permanent residence or where the abuser lives; this will keep your location hidden from your abuser.

You qualify for a restraining order if you are/were married, are living together/dating, or have child(ren)/pregnant with the abuser's child.

**For more information visit:**

[www.njcourts.gov/self-help/domestic-violence](http://www.njcourts.gov/self-help/domestic-violence)

**For Legal Assistance:**

- Rutgers Law Associates: 973.353.2564 (Newark) or 856.225.6088 (Camden)
- Legal Services of NJ: 732.572.9100 or [www.lsnj.org](http://www.lsnj.org)
  - Essex County: 973.624.4500 or [www.lsnj.org/enls](http://www.lsnj.org/enls) or email: [enls@lsnj.org](mailto:enls@lsnj.org)



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