

## Community Resources

**SafeLink** is Massachusetts' statewide 24/7 toll-free confidential domestic violence hotline and resource for anyone affected by domestic violence. It is okay to call SafeLink if you need to talk about your situation or someone else's. SafeLink provides statewide access to emergency shelters.

SafeLink Advocates are bilingual in English and Spanish and have access to a service that can provide interpreting in 130+ languages.

**SafeLink toll-free number: (877) 785-2020.**

Local programs in the Cambridge area that provide free, confidential information about domestic violence and offer emotional support, advocacy, legal services, safety planning, shelter, and many other options are listed below:

### Confidential Domestic Violence Support Programs

- Transition House **617-661-7203** (24/7 Hotline)
- Riverside Community Care **617-354-3911**
- Cambridge Health Alliance Trauma Support and Resource Program **617-665-2992**
- RESPOND Inc. **617-623-5900**
- Massachusetts Alliance of Portuguese Speakers **617-864-7600**
- SAHELI **1-866-472-4354**
- Asian Task Force **617-338-2355** (24/7 Hotline)
- The Network La/Red **1-800-832-1901** (24/7 Hotline)
- Boston Area Rape Crisis Center **1-800-841-8371** (24/7 Hotline)

### Legal Assistance

- De Novo Center for Justice & Healing **617-661-1010**
- Greater Boston Legal Services **617-603-1700**

### Intimate Partner Abuse Education

- Emerge **617-547-9879** (Spanish: **617-657-4895**)
- Common Purpose **617-522-6500**

### Public Benefits & Other Assistance

- Department of Transitional Assistance Domestic Violence Unit **877-382-2363**
- Cambridge Multi-Service Center **617-349-6340**

If you are just learning about relationships, it is understandable to have questions or to be unsure if you want to talk about your concerns for yourself or others. For more information visit [loveisrespect.org](http://loveisrespect.org), text: **LOVEIS to 22522**, or call: **1-866-331-9497 (TTY: 800-787-3224)**

## The Cambridge Police Department (CPD) believes that everyone has the right to feel healthy and safe in relationships and households.

The **CPD Domestic Violence Unit** investigates all reported domestic related assaults and abuse incidents including:

- Intimate partner violence and/or threats of physical violence
- Abuse among family/household members
- Sexual violence
- Violation of restraining orders
- Criminal harassment and stalking

Detectives assigned to this unit are specially trained to investigate domestic violence crimes. Victim Advocates are available to provide support, information, and services directly to domestic violence survivors and their families.

Services offered by victim advocates include:

- Safety planning and crisis intervention
- Emotional support throughout the police investigation
- Criminal justice advocacy and court accompaniment
- Assistance with restraining order and harassment prevention order applications
- Referrals to confidential counseling and support groups
- Referrals to emergency shelter, housing search assistance, legal aid, and public benefits assistance

**Cambridge Police Department Victim Advocates are available during standard business hours.**

Phone: **617-349-3371**

Email: [dvsauunit@cambridgepolice.org](mailto:dvsauunit@cambridgepolice.org)

**In case of an emergency, first dial 9-1-1.**

For 24/7 non-emergency police assistance, dial **617-349-3300**.

Contacting the police for support may not feel like a safe option for everyone. If that is the case, there are other ways to seek help. You can find information about free and confidential services under **Community Resources**.

# Do you worry about conflict in your relationships?

All relationships have conflict, but sometimes conflict that repeats is abusive. Abuse is not always physical, it can also be verbal, emotional, financial, or sexual. You are not alone if this is happening to you or someone you know. Sometimes it's hard to know what to do or say when abuse happens.

**Read more here to understand when conflict becomes abuse and what support options are available.**



All relationships may experience conflict at some point. It can sometimes be hard to tell when a conflict and behavior goes from healthy to unhealthy, or even abusive. **Abuse is a pattern of intimidating behavior one individual uses to gain or maintain power and control in the relationship.**

**If you are unsure if what you are experiencing is abuse, here are some questions to help you:**

Does your partner/family member:

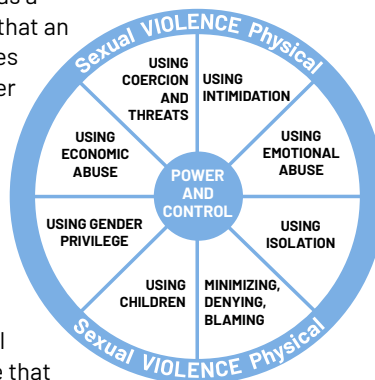
- Put you down frequently, especially in front of others?
- Act extremely jealous and control your daily activities? For example, do they:
  - Constantly check up on you or make you check in?
  - Check your phone, email, or social media accounts?
  - Control who you see, what you wear, how you look or who you talk to?
  - Use technology to track you?
  - Interfere with your religious practice, immigration status, education, or employment?
- Experience explosive outbursts, temper, or mood swings?
- Physically harm you or threaten to physically harm you?
- Strangle or suffocate you?
- Pressure you or force you to have sex, or perform sexual acts you are uncomfortable with?
- Prevent you from getting help or tell you that no one will believe you if you try to get help?

## Relationship abuse is all about Power & Control

Domestic Violence is a pattern of abusive and controlling behaviors in which one person tries to control the thoughts, beliefs, or actions of another person. This can happen between intimate partners or family/household members. It can include any or all the following forms of abuse: physical, sexual, verbal, psychological, emotional and financial.

Abuse usually is not isolated – it forms a pattern of behaviors. See the image **Power and Control Wheel** below.

- Think of the wheel as a diagram of tactics that an abusive partner uses to keep their partner in the relationship.
- The inside of the wheel lists subtle, continual behaviors that occur over time. The outer ring represents physical and sexual violence that may also happen.
- Remember, there does not have to be physical or sexual violence for domestic violence to be experienced in your relationship or household. Emotional, psychological, verbal, religious, and financial abuse is domestic violence too.

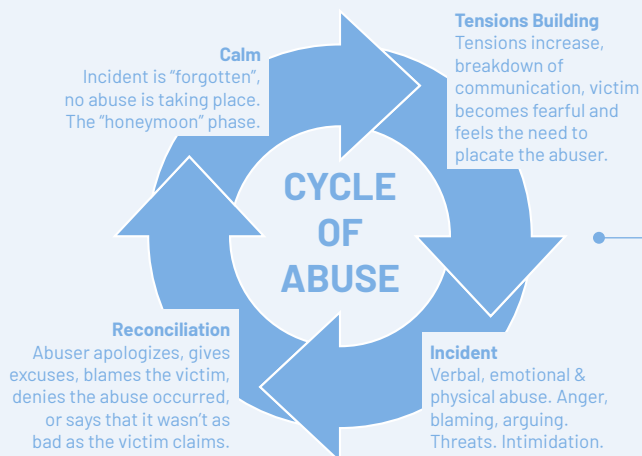


## Safety Plans

A safety plan is a list of ideas that you can use to help increase your safety. Below are some ideas and suggestions for your safety. Please be aware that some of these options may not work for everyone.

- Know your home. If you sense trouble, try to move to a room where weapons are not present and there is an exit.
- Identify a neighbor that you can ask to call for help if they hear a disturbance coming from your home. If you cannot ask a neighbor, talk to a friend or family member who you trust to call for help for you. You may want to give them the number for your local police department.
- Pack a bag with important things, including copies of your personal identification documents that you would need if you had to leave quickly, including clothing, medications, bank cards, copies of important documents for you/your children such as passport, green card, social security card, etc.
- Restraining Orders do not guarantee safety, but can be an option to consider if you are fearful of abuse or retaliation for leaving the relationship.
- Be aware of your surroundings while in public. If you think you are being stalked or monitored, try changing up your routines, travel routes, etc.
- It can be easy to track personal information on the internet. Clear browser history frequently. Change passwords and check the privacy settings on smartphones or electronic devices for GPS location tracking.

If you answered **YES** to any of the above, you may be seeing warning signs of abuse in your relationship or household. You are not alone. There are support, options, safety planning and advocacy services available.



**Often abuse occurs in a repeating cycle:**

It can be difficult to end the cycle of abuse, especially if your partner or family member has convinced you that it is somehow your fault. That being said, overcoming the cycle can be done.