

It's not okay.
It's against the law.

It is against the law to cause bodily harm to a partner or family member. It is also unlawful to cause reasonable apprehension of bodily harm. If you or someone you know is being threatened with harm, your partner or family member is breaking law.

HELP IS ONLY A PHONE CALL AWAY:

406.442.6800

*24 hours a day, 7 days a week
All services are free and confidential*



thefriendshipcenter.org



*If you are in need of
safe shelter, emotional support,
legal advocacy, or other help because
you are in an abusive relationship,
or are concerned about someone
who is, please call us at
406.442.6800.*



The Friendship Center

1430 Sanders Street
Helena, Montana 59601
thefriendshipcenter.org
406.442.6800

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@thefriendshipcenterhelena
@TFC_Helena

THE FRIENDSHIP CENTER DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, SEX, RELIGION, CREED, NATIONAL ORIGIN, AGE, DISABILITY, MARITAL STATUS, SEXUAL ORIENTATION, OR POLITICAL BELIEF.



**BRINGING HOPE
TO THOSE
EXPERIENCING
DOMESTIC
VIOLENCE,
SEXUAL ASSAULT,
AND STALKING.**

WHAT IS ABUSE?

DOMESTIC ABUSE

Domestic abuse is a pattern of emotional, verbal, sexual and/or physical behavior which controls or intimidates an intimate partner or spouse. Domestic abuse can include sexual violence, economic abuse and/or stalking. One in four women and one in nine men in the U.S. will be a victim of relationship violence in their lifetime, and three women are murdered by a partner or former partner every day.

SEXUAL ASSAULT

Sexual violence is any sexual contact forced upon a person against his or her will, or when a victim is unable to consent due to age, illness, disability, or the influence of alcohol or other drugs. Perpetrators may be friends, family members, strangers or intimate partners. Nothing a victim did or did not do makes them responsible for this crime including:

- Saying yes but later changing their mind
- Flirting or kissing
- Having sex with this person before
- Drinking alcohol
- Manner of dress
- Not fighting back

Domestic violence and sexual assault can happen to anyone regardless of income, age, education, race, religion, gender or sexual orientation. Both males and females can be victims of abuse. Abuse is never the victim's fault.



OUR SERVICES:

- 24/7 crisis line for those impacted by domestic violence, sexual assault and stalking
- Emergency and transitional shelter
- Crisis intervention and emotional support
- Support groups and educational courses for individuals who have experienced domestic or sexual violence and stalking, including free child care during the groups
- Individualized case management
- Law enforcement and criminal justice system advocacy
- Legal advocacy, including Order of Protection assistance
- Limited emergency financial assistance
- Danger assessment and safety planning
- Information and referrals
- Community education and outreach
- Food, clothing and other necessities

All services are free and confidential

WHAT TO DO IF SOMEONE YOU KNOW IS BEING ABUSED

- Remind them that the abuse is **NOT** and never will be their fault.
- Develop a code word or phrase for calling the police.
- Do not put yourself at risk. Helping also means keeping yourself safe.
- Encourage victims to call The Friendship Center at 406.442.6800 or 1.800.248.3166. Be with them as they make the call.
- Go with them to visit the shelter in their area.
- Listen to them, even if you have “heard it a thousand times.” Each time a victim describes his or her abuse, it is making them stronger.
- Be patient. Victims leave and return to abusive relationships an average of seven times before they leave for good.

For information on how you can help support The Friendship Center, please visit

thefriendshipcenter.org

