

DV/SA Victim Advocacy Centers

**Belcourt - Turtle Mountain Band of Chippewa
Hearts of Hope**
Crisis Line: 701.477.0002
Office: 701.477.0002
E-mail: gourneau@utma.com

**Beulah
Women's Action & Resource Center**
Crisis Line: 701.873.2274
Office: 701.873.2274
mercerwarc.com

**Bismarck
Abused Adult Resource Center**
Crisis Line: 866.341.7009
Office: 701.222.8370
abusedadultresourcecenter.com

**Bottineau
Family Crisis Center**
Crisis Line: 800.398.1098
Office: 701.228.2028
famcrisiscenter.org

**Devils Lake
Safe Alternatives for Abused Families**
Crisis Line: 701.409.0665
Office: 701.662.7378
saafnd.org

**Dickinson
Domestic Violence & Rape Crisis Center**
Crisis Line: 888.225.4506
Office: 701.225.4506
dvrcnd.com

**Ellendale
Kedish House**
Crisis Line: 877.349.4729
Office: 701.349.4729
kedish-house.com

**Fargo
Rape & Abuse Crisis Center**
Crisis Line: 800.344.7273
Office: 701.293.7273
raccfm.com

**Fort Totten - Spirit Lake Nation
Spirit Lake Victim Assistance**
Crisis Line: 701.766.1816
Office: 701.766.1816
spirittlakenation.com/programs/spirit-lake-victim-assistance/

**Grafton
Domestic Violence & Abuse Center Inc.**
Crisis Line: 866.435.7490
Office: 701.331.0466
dvacnd.org

**Grand Forks
Community Violence Intervention Center**
Crisis Line: 866.746.8900
Office: 701.746.0405
cviconline.org

**Jamestown
Safe Shelter**
Crisis Line: 888.353.7233
Office: 701.251.2300
safeshelterjamestown.org

**Lisbon
Abuse Resource Network**
Crisis Line: 701.683.5061
Office: 701.683.5061
abuseresourcenetwork.org

**Minot
Domestic Violence Crisis Center**
Crisis Line: 701.852.2258
Office: 701.852.2258
courage4change.org

**Stanley
Domestic Violence Program NW ND**
Crisis Line: 800.273.8232
Office: 701.628.3233
dvprnwnd.weebly.com

**Valley City
Abused Persons Outreach Center**
Crisis Line: 701.845.0072
Office: 701.845.0078
apocnd.org

**Wahpeton
Three Rivers Crisis Center**
Crisis Line: 701.642.2115
Office: 701.642.2115
threeriverscrisiscenter.com

**Washburn
McLean Family Resource Center**
Crisis Line: 701.462.8643
Office: 701.462.8643
mcleanfrc.weebly.com

**Williston
Family Crisis Shelter**
Crisis Line: 701.770.5180
Office: 701.572.0757
familycrisisshelter.com

Help is Available

A domestic violence advocacy center is a caring and non-judgmental place for you to openly talk about your situation. An advocate will provide you with support and information on the services they have available. They can also explore options with you so you can make informed decisions about your relationship, your safety, and your future.

You are not alone, and you don't have to live this way.

Contact Us:

521 E Main Avenue, Suite 320
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240

nddsvc.org
contact@nddsvc.org



NDD SVC does not provide direct services to victims and survivors. Contact a DV/SA advocacy center near you if you are looking for support. If you are in immediate danger, call 911.

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North Dakota
**Domestic & Sexual
Violence Coalition**

Are You in a Violent Relationship?



What is Domestic Violence?

Domestic violence is the abusive behaviors and actions a man uses to have power and control over his wife or girlfriend. Domestic violence can happen to you if you are married, living together, or dating. You may also experience abuse from an ex-partner if you are separated or divorced.

Domestic violence happens to women of all races and ages. Women experience more relationship abuse than men and suffer from more serious injuries.

Domestic Violence = Power & Control

Domestic violence is not a one-time event. It includes any and all of your partner's actions and behaviors that manipulate, intimidate, isolate, frighten, hurt, or injure you. Physical and sexual abuse are both forms of domestic violence. The hitting, punching, or forced sex may not be happening often—or at all—but your partner is threatening to do those things.

His other violent actions—like emotional or financial abuse—are often happening every day. When combined with his physical and sexual abuse, it is a very deliberate way for your partner to make you afraid of him so he can have power over you and control your life.

Why Does Domestic Violence Happen?

Domestic violence is not caused by your partner's alcohol or drug use, or by his inability to control his anger. And despite what he may say, his violence is not caused by anything you do or don't do, or by any problems in your relationship. Domestic violence is caused by the person who chooses to abuse.

Relationship abuse is a learned behavior. In most cases, the abusive man (as a child or teen) watched or heard family members or adult role models use violence against their wives and girlfriends. Some men learned abusive tactics through friends or popular culture.

In any case, the abuser learned that domestic violence is a way for him to get what he wants. Your partner believes he is allowed to use force or violence against you as a way to get his needs, demands, and desires met.

Are You in a Violent Relationship?

Does your partner:

- Yell at you, put you down, or call you names like “stupid,” “fat,” or “crazy”
- Humiliate you in front of your children or other people
- Act jealous, accuse you of cheating, or frequently check your phone
- Demand to know where you are at all times and constantly text or call you
- Keep you from seeing your friends or family
- Control all the money or take your paycheck
- Punch walls or break things when you “Don't listen” or “Don't do what I tell you to do”
- Make you have sex or do sexual things you don't want to do and call you names like “slut” or “whore”
- Hit, shove, bite, or choke you
- Threaten to hurt or kill your pets
- Threaten to hurt you with a knife, gun, or something else
- Threaten to kill you, your children, or himself if you leave him

If you answered YES to any of these questions, you and your children could be at risk for serious harm.

Domestic Violence Impacts

Some common impacts of domestic violence include:

- Fear, confusion, or guilt
- Feeling sad, anxious, or depressed
- Feeling trapped and powerless
- Feeling unworthy and alone
- Difficulty trusting others
- Blaming yourself for the abuse or thinking “It's all my fault”
- Minimizing the abuse or thinking “It's not that bad”
- Hopelessness or feeling discouraged about your future
- Questioning or doubting your spiritual or religious faith
- Smoking, drinking, drugging, or eating too much

Living with domestic violence can be very difficult and scary. You may be having these thoughts and feelings, or you may be doing things to try to numb your pain. You need to know that this is a normal response to living with violence from someone who is supposed to love and protect you.

It can be hard to recognize or admit you are in an abusive relationship. And you may be wondering if the abuse is your fault. Remember, no one deserves to be abused.

Domestic Violence Impacts on Parenting

If you are a parent experiencing abuse, your relationship with your children may be harmed if your partner:

- Keeps you from spending valuable time with your children
- Tells your children to call you names or disobey you
- Insults or threatens you in front of your children
- Physically harms you in front of your children

Parenting is hard. It can be even harder when you are worrying about your family's safety. Fortunately, the right support can help you and your children feel safe and loved as well as heal from the abuse.