

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
mercerwar.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

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

**Ellendale
Kedish House**
Crisis Line: 877.349.5118
Office: 701.349.4729
kedish-house.com

**Fargo
Sollera**
Crisis Line: 800.344.7273
Office: 701.293.7273
sollera.org

**Fort Totten - Spirit Lake Nation
Spirit Lake Victim Assistance**
Crisis Line: 701.766.1816
Office: 701.766.1816
spiritlakenation.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

State & National Resources

State Resources

First Nations Women’s Alliance

First Nations Women’s Alliance (FNWA) is North Dakota’s Tribal coalition against domestic and sexual violence. Their mission is to strengthen our Tribal communities by creating a forum for leaders to come together to address the issues of domestic violence and sexual assault. Learn more about FNWA at nativewoman.org.

National Resources

StrongHearts Native Helpline

StrongHearts Native Helpline is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy. To contact StrongHearts Native Helpline, call or text 1-844-762-8483. You can also chat with an advocate online at strongheartshelpline.org

National Indigenous Women’s Resource Center

The National Indigenous Women's Resource Center (NIWRC) develops resources and training opportunities to support Tribal Nations, grassroots advocates, and survivors in prioritizing the safety of Native women and their children and requiring accountability of offenders and communities. Learn more at niwrc.org

 **Contact Us:**

515 E Broadway Ave, Suite 106
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240

nddsvc.org
contact@nddsvc.org

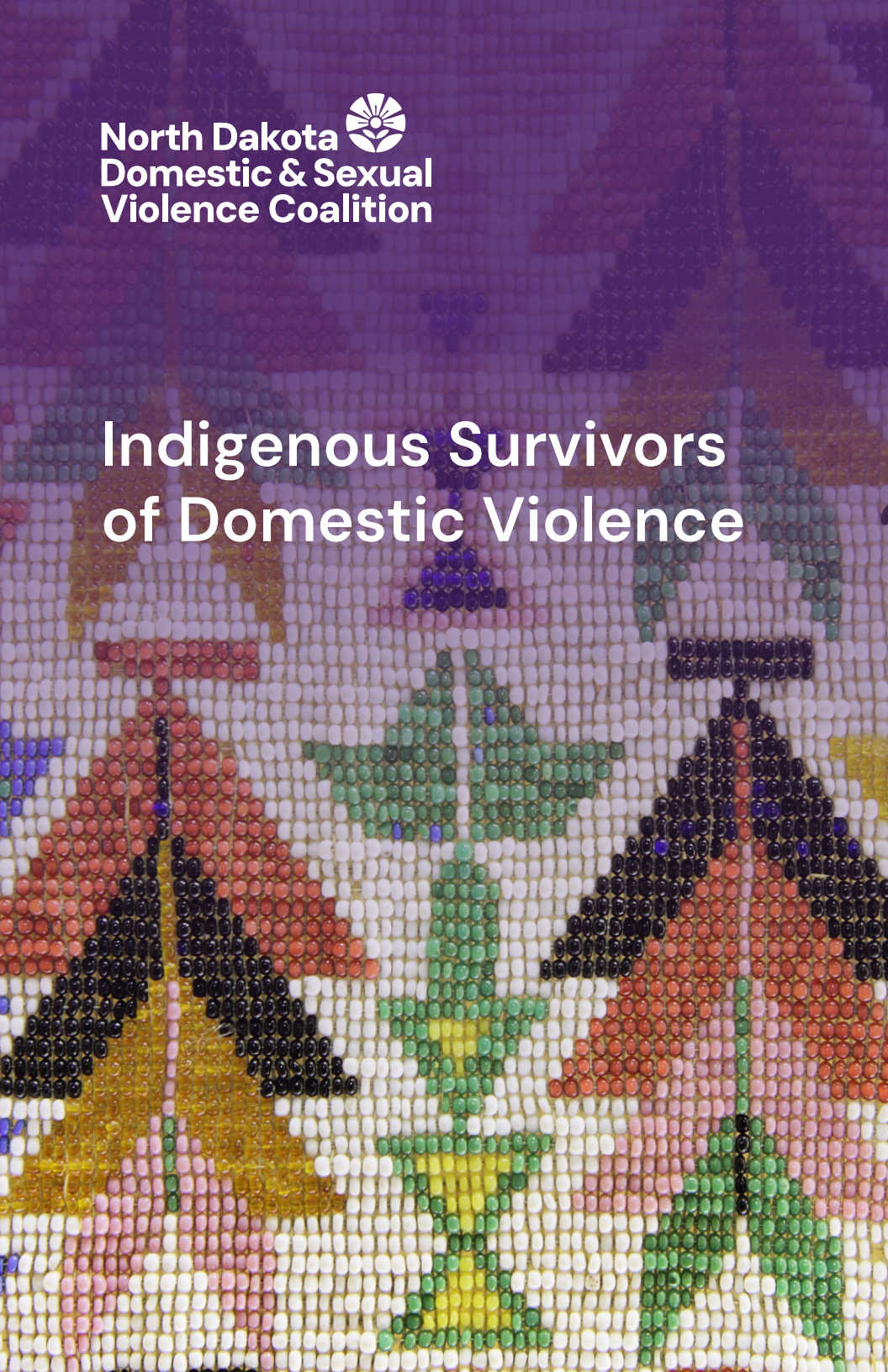


 @nddsvc

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.

This publication or was made possible by Grant No. 2501NDFVPS from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of NDD SVC and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.

View this directory online: nddsvc.org/find-help



North Dakota
Domestic & Sexual
Violence Coalition

Indigenous Survivors
of Domestic Violence

What is Domestic Violence?

Domestic violence is when a partner or ex-partner uses hurtful actions or behaviors to control another person. Domestic violence can happen if you’re married, dating, or share children. It can also happen after a relationship ends.

Domestic violence is not just one event. It’s a pattern of abuse that can include manipulation, intimidation, isolation, fear, and physical harm. Physical and sexual abuse may not happen often, but emotional and financial abuse are often happening every day. People who experience domestic violence may also face other challenges like homelessness, financial stress, and substance abuse. Indigenous people are more likely to experience domestic violence. They may also face added challenges, like generational trauma and fear that their children may be taken away.

Early Warning Signs

Survivors often say they felt like something was wrong early in the relationship, but they dismissed warning signs or didn’t know these were signs of an abusive relationship. Trust your instincts. If something does not feel right, contact a domestic violence/sexual assault (DV/SA) advocacy center for help.

Someone who...

- Wants to move too quickly, like move in together or get married in a short period of time
- Is controlling, very jealous, or accuses you of cheating
- Demands to know where you are at all times, and constantly calls or messages you
- Has sudden mood swings or switches from sweet to violent in minutes
- Blames others for problems or mistakes, or always makes it someone else’s fault when something goes wrong
- Overly criticizes you or puts you down
- Pressures you to only spend time with them
- Doesn’t want you to go to social or traditional events, like family gatherings or powwows
- Tells you no one will ever love you the way they can
- Has used domestic violence tactics against past partner(s)
- Is cruel to animals

What Does Domestic Violence Look Like?

Using Intimidation

Makes her afraid by using facial expressions, actions, gestures.
Destroys her property. Abuses pets.
Displays weapons.

Emotional Abuse

Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she’s crazy. Humiliates her. Makes her feel guilty.

Using Isolation

Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement. Uses jealousy and/or insecurity to justify actions.

Minimizing, Lying, and Blaming

Makes light of her abuse and doesn’t take her concerns seriously. Denies the abuse happened. Blames her for the abusive behavior.

Using Children

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take children away from her.

Using Male Privilege

Treats her like a servant. Makes all the big decisions. Defines men’s and women’s roles.

Economic Abuse

Prevents her from working. Makes her ask for money. Gives her an allowance. Takes her money. Doesn’t let her know about or access family income.

Using Coercion and Threats

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her participate in illegal activities.

Cultural Abuse

Misinterprets culture to prove unnatural partner roles in the relationship. Uses culture to scare her, shame her, and further manipulate her.

Ritual Abuse

Stops her from practicing her way of life. Uses religion as a threat.

Physical Violence

Punching, kicking, strangling, pushing, slapping, pulling hair.

Sexual Violence

Physically attacking the sexual parts of her body. Treats her like a sex object.

Domestic Violence is Not Traditional

You have a right to:

- A life free from violence, fear, and manipulation.
- Be respected, loved, and valued.
- Make decisions about your own life.
- Safety and support.
- Your traditional way of life.

Help is Available

Finding support can feel intimidating or scary, but a local advocacy center can help. A domestic violence/sexual assault (DV/SA) advocacy center is a safe place where you can talk about your situation. There are advocacy centers across North Dakota, and each one has a 24-hour hotline.

A DV/SA advocate can give you information, resources, and support. They can help you make informed decisions about your safety, your relationship, and your future. They can talk with you about options for medical care, shelter, reporting abuse, counseling, and safety planning. They can also help you understand your rights and legal options. An advocate is there to support you and help you move forward in whatever way you choose.

All services provided by DV/SA advocacy centers are FREE and confidential.

A list of North Dakota advocacy centers is on the back of this page. You can get help at any advocacy center, even if it is not close to where you live.



Adapted from *Intimate Partner Violence Triangle*, originally produced by Sacred Circle, National Resource Center to End Violence Against Native Women.

Anyone can be a victim of domestic violence, but this brochure uses she/her pronouns for the victim and he/him pronouns for the abuser since most victims are women and most abusers are men.