

## Is my relationship unhealthy or abusive?

Domestic violence is a pattern of coercive, controlling behavior that may include any combination of the following behaviors:

- Stalking and harassment
- Controlling your money
- Physical violence, such as pushing or hitting
- Preventing you from working
- Forcing you to have sex
- Isolating you from friends and family
- Controlling your means of communication
- Being overly jealous
- Being violent even after you separate

## What are signs that I'm at greater risk?

- You recently left, separated from, or divorced the person using violence
- You have been choked or threatened with a weapon
- Physical violence has increased in frequency and severity in the past six months

## What if I don't want to leave or end my relationship?

Many victims do not want to leave, they just want the abuse to stop. Our advocates will assist you with developing a plan that works best for you.

## Does Safe Connect call Protective Services or the Police?

While we are not affiliated with either entity, our advocates are mandated reporters. If you share that a child or person with disabilities is being abused/neglected, or that you might hurt yourself or someone else, we are required to make a report. In the event that this is necessary, our advocates will work with you to ensure you have the support you need.

*All services are confidential, safe, free, voluntary and available 24 hours per day, 7 days per week.*



**CALL OR TEXT**  
**888.774.2900**



**CHAT**

**We chat back in your language.**  
**CTSafeConnect.org**



**EMAIL**

**Tell us if it's safe to reply.**  
**SafeConnect@ctcadv.org**

**SAFE CONNECT IS A PROJECT OF**

**cca | DV**

Connecticut Coalition Against Domestic Violence

**www.ctcadv.org**



**CTSafeConnect**

**CT's Domestic Violence Resource Hub**

**CTSafeConnect.org | 888.774.2900**

**Call • Text • Chat • Email • 24/7**

**confidential, safe, free**

**If you need  
information,  
or just someone  
to talk to...**

## What to expect from Safe Connect

We are here to listen and provide you with the support you need to be as safe as possible. We know that you are the expert on your own life and current situation, so we take your lead.

## Emphasis on safety and providing options

Your safety is our priority. Our advocates will assist you in creating a plan to increase your physical, social, and emotional well-being. Everyone's safety needs are different and we'll take your unique circumstances into consideration when developing this plan.

Our role is to offer information, present options, and discuss possible outcomes for each option. These options might not be directly related to the abuse. Tell us what is worrying you most and we can provide resources and referrals for needs such as:

- Immigration
- Basic needs
- Public benefits
- Education
- Housing
- Employment
- Transportation
- Health & wellness

## Share as much or as little as you want

You are not required to provide more information than you are comfortable sharing and you may choose to remain anonymous. If you would like ongoing support, we will ask that you provide:

- A name for us to use
- A way to contact you (preferably a phone #)
- The city/town in which you are located

Any additional questions our advocates ask are for the purpose of providing you with the best safety options that fit your unique situation. Not sure what you need? That's okay, too! Our advocates know what questions to ask that will help you better understand your options.

## Who we are

All calls and messages are answered by a certified domestic violence counselor. We have a team of bilingual, multicultural advocates who are trained to understand the complexities of abusive relationships and how you may be uniquely impacted.

## Who we serve

Intimate partner and family violence can directly or indirectly affect anyone, which is why we are committed to serving people of every:

- Age
- Ability
- Gender identity
- Racial & ethnic identity
- Religion
- Sexual identity
- Socioeconomic status
- Immigration status

## Services provided by our members

CCADV has 18 member organizations across the state providing critical long-term support to victims and survivors. With your permission, a Safe Connect advocate will connect you with your local CCADV member organization for ongoing services. All services are confidential, safe, free and voluntary.

- Crisis response and safety planning
- Emotional support (individual and group-based)
- Emergency shelter and transitional living
- Court advocacy (criminal, civil restraining orders, other family court including divorce, custody, visitation and child support)
- Child advocacy
- Assistance obtaining basic needs and other essential services

*Safe Connect Advocates will connect you with your local domestic violence organization, one of CCADV's member organizations, for ongoing support and services.*

### **The Umbrella Center for Domestic Violence Services**

Ansonia | New Haven

### **The Center for Family Justice**

Bridgeport

### **Women's Center of Greater Danbury**

Danbury

### **Domestic Violence Program United Services, Inc.**

Dayville | Willimantic

### **The Network**

Enfield

### **Domestic Abuse Services**

### **Greenwich YWCA**

Greenwich

### **Interval House**

Hartford

### **Chrysalis Domestic Violence Services**

Meriden

### **New Horizons**

Middletown

### **Prudence Crandall Center**

New Britain

### **Safe Futures**

New London

### **Domestic Violence Crisis Center**

Norwalk | Stamford

### **Women's Support Services**

Sharon

### **Susan B. Anthony Project**

Torrington

### **Safe Haven of Greater Waterbury**

Waterbury