

CONTACT INFORMATION



HOPEHOUSE
of South Central Wisconsin

24-Hour Toll-Free Confidential Helpline:

1-800-584-6790 TTY

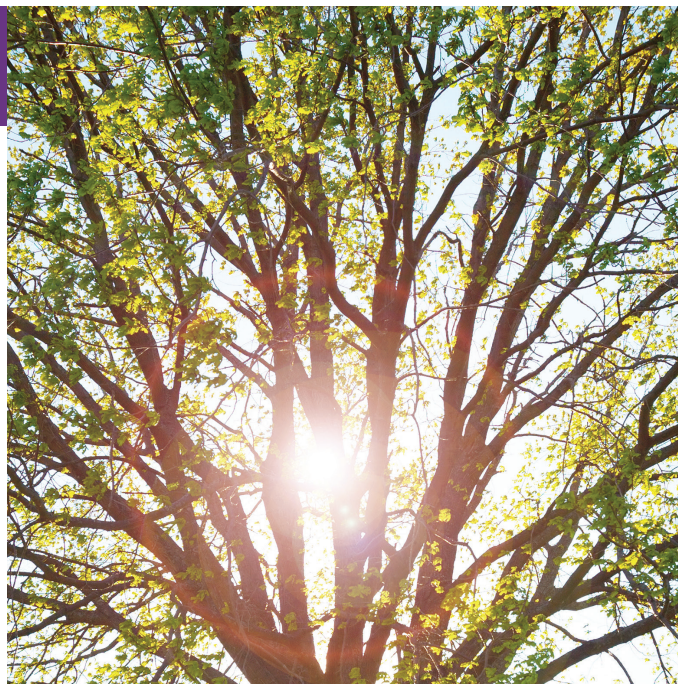
Help@HopeHouseSCW.org

HopeHouseSCW.org

facebook.com/HopeHouseSCW

Send an email to help@hopehousescw.org to receive Hope House's monthly e-bulletin, which contains news and resources related to domestic and sexual abuse as well as updates on Hope House happenings.

Hope House is committed to serving all victims of domestic and sexual abuse. Agency services will be provided without discrimination on the basis of disability, and in compliance with the ADA. No service participant shall be excluded from services on the basis of disability, race, color, national origin or ancestry, gender, sexual orientation, religion, age, political belief, or affiliation.



HOPEHOUSE
of South Central Wisconsin

**PREVENTING ABUSE AND
PROVIDING SUPPORT TO VICTIMS
OF DOMESTIC AND SEXUAL ABUSE**

**All services are
FREE and CONFIDENTIAL**

**24-Hour Toll-Free Helpline
1-800-584-6790
HopeHouseSCW.org**

OUR SERVICES ARE FREE & CONFIDENTIAL

- **Helpline** – A 24/7 toll-free, confidential helpline (1-800-584-6790 TTY) is available for safety planning, support, information and referrals to other supportive resources.
- **Advocacy** – Our advocates help survivors obtain resources and services from other agencies and provide support and accompaniment for medical, legal, financial, and housing services.
- **Community Education** – Hope House's awareness and prevention programming includes presentations to schools, churches, community organizations, and businesses; monthly e-bulletins; awareness booths; and projects.
- **Supportive Counseling** – Counseling services focus on exploring options, safety planning, empowerment, and education. Support groups are provided for adults and children.
- **Legal Advocacy** – Our Legal Advocates help individuals identify and utilize legal strategies in order to achieve safety.
- **Shelter** – Hope House provides short-term, emergency shelter for victims of domestic violence and sexual assault that seek safe housing. Food, clothing, and personal care items are provided. Emergency transportation to shelter is provided when necessary.
- **Children's Programming** – Specialized services are offered to help youth affected by domestic violence and sexual assault.

IT'S NOT YOUR FAULT

You have the right to be safe from abuse and to make your own decisions. We can help you identify your options and develop a plan for your safety and healing.

FAQS

Why do people stay in abusive relationships?

There are many barriers that make it difficult to leave abusive relationships. Victims fear getting hurt worse by their partner, their kids getting taken or hurt, not being believed or supported by others, not having access to money, feeling like it's their fault, pressure from others to stay, and believing their partner will change. Leaving is a process and it is not an easy one.

Does a survivor need to stay at the shelter to receive services like safety planning, supportive counseling or legal services?

No, Hope House serves over 2000 survivors a year. Only about 100 of those stay in shelter. Many more receive assistance over the phone, via email, and through in-person meetings at places including Hope House, libraries, clinics, courthouses, churches, and schools throughout our five-county region.

Do you provide services to male survivors of domestic violence and/or sexual assault?

All Hope House services are provided to all victims of domestic and sexual abuse, regardless of disability, race, color, national origin or ancestry, gender, sexual orientation, religion, age, political belief, or affiliation.

Can Hope House provide survivors with housing, food, transportation, or money for utilities or medicine?

Our role is to inform victims about available resources at Hope House and in our community. Our staff will discuss options, discuss steps to take, provide support through the process, and help survivors recognize their own strengths.

DOMESTIC ABUSE

YOUR SAFETY IS IMPORTANT TO US

SEXUAL ASSAULT

PLEASE CALL US AT 1-800-584-6790

Domestic abuse is a pattern of behavior that abusers use to control their intimate partner or family member through fear and intimidation. Abuse can be verbal, emotional, physical, sexual, and/or economic and is based on the abuser's desire for power and control.

WARNING SIGNS:

Does Your Partner:

- Control what you do, who you see, or where you go?
- Regularly check your cell phone to see who you call or text?
- Need to know your every move?
- Push, slap, kick, choke, or hit you?
- Call you names and put you down?
- Act extremely jealous?
- Control your finances or not allow you to work?
- Keep you from seeing your friends and family or attempt to ruin your closest relationships?
- Threaten to hurt you or your children?
- Threaten to commit suicide so you won't leave?
- Tell you the abuse is your fault?

If you checked even one, you may be in an abusive relationship. We are here to help.

SAFETY DURING AN INCIDENT:

- If you think an argument is coming, try to go to a room or area that has access to an exit. Avoid the bathroom and kitchen.
- Try to have a phone with you so you can call 911 or a friend or neighbor.
- Practice how to get out of your home safely. Plan your escape route.
- Have a packed bag ready with any medications and other important items. Consider leaving the bag with a friend or family member.
- Ask a neighbor to call the police if they hear a disturbance coming from your home.
- Have a specific plan for where you will go if you have to leave home.
- Trust your instincts and judgment.
- Feel free to call Hope House's helpline for help developing a safety plan that fits your needs.



720 Ash Street, P.O. Box 557, Baraboo, WI 53913

WE ARE HERE TO HELP

Call our 24-Hour Confidential Helpline at

1-800-584-6790

Advocates believe, support, and inform survivors of domestic and sexual abuse.

Sexual assault is any unwanted sexual contact committed by force, manipulation, threats, bribes, pressure, tricks, or violence. Sexual assault is a crime of power and control where sex is the weapon.

Healthy sexuality is based on respect, trust and equality.

IT DOESN'T MATTER IF YOU:

- Were drunk • Wore sexy clothes
- Were flirting • Went to the perpetrator's home
- Were unable to say no • Did not fight back
- Previously had sex together
- Are dating or married to the perpetrator

...sexual assault is NEVER justified and is NEVER the victim's fault!

COMMON FEELINGS AFTER EXPERIENCING SEXUAL VIOLENCE:

- Fear • Vulnerability • Shame • Guilt • Loss of control
- Anxiety • Anger • Denial • Disgust • Frustration
- Loss of trust • Irritability • Numbness • Isolation
- Depression • Bodily Pain • Apathy

If you are experiencing any of these feelings, we can help! Please call us to set up a time to talk.

Hope House, in cooperation with the community, provides advocacy, supportive counseling, community education, prevention programming, legal services, and shelter to people in Sauk, Columbia, Juneau, Adams, and Marquette Counties.

IF YOU HAVE BEEN ASSAULTED:

- Follow your instincts; your safety is your first priority.
- Get to a safe place as soon as possible, and phone someone for help and support.
- Consider getting medical attention.
- You also have the option of calling the police to report the assault.

HOW TO HELP A FRIEND WHO HAS BEEN ASSAULTED:

- Believe your friend and let her/him know s/he is not to blame for what happened.
- Encourage your friend to call a help line like ours for support.
- Inform your friend of the option to get medical treatment and care.
- Remember that allowing them to make their own choices will put them back in control.
- Listen to and respect your friend's needs. Don't assume you know what s/he is needing or feeling.
- Be honest and respect your own needs. You might also be feeling angry, confused, help-less, sad, or responsible. Feel free to call Hope House's helpline for help supporting your friend.
- If you are not comfortable talking to your friend, find someone who is.

DOMESTIC VIOLENCE CAN HAPPEN TO ANYONE:

It doesn't matter how much money you have, your race, religion, gender, sexual preference or age. It is a societal problem, not a personal one.

