

# No One Deserves to be Abused

## You have the right to be SAFE and RESPECTED

- In your home
- In your relationships
- With your family
- With your personal care attendant

## ABUSE can happen by people...

- We trust
- We love
- Who help care for us

## This may be your:

- Mother / Father
- Personal care attendant
- Husband / Wife
- Boyfriend / Girlfriend
- Other people who regularly care for you

This project is supported by Grant No. 2006-FW-AX-K015 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



# Are You Safe?



## Vera House TTY Crisis Line

 **315-484-7263** (business hours)

## ARISE TTY

 **315-479-6363**

## ARISE

*Syracuse/Main Office*

635 James St •  
Syracuse, NY 13203 •  
phone: 315-472-3171 •  
fax: 315-472-9252 •  
www.ariseinc.org •

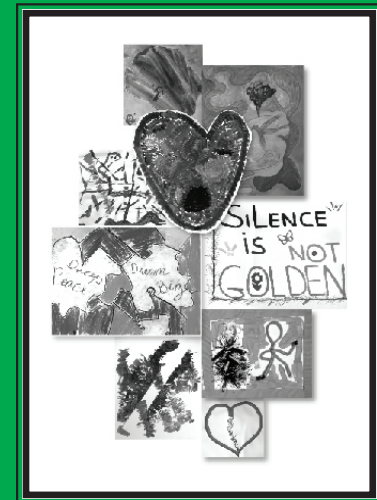
## Vera House, Inc.

*Administrative & Outreach Offices*

6181 Thompson Road / Suite 100 •  
Syracuse, NY 13206 •  
phone: 315-425-0818 •  
fax: 315-425-8942 •  
www.verahouse.org •



# You Have the Right to Be Safe



## 24-HOUR HOTLINES

 **315-468-3260**

 **315-422-7273**

Brochure created by:  
Project EMERGE Advisory Group

VERA HOUSE  
INCORPORATED

ARISE

## What is ABUSE?

ABUSE is any repeated behavior used to control you physically, sexually or emotionally.

### ABUSE can happen to ANYONE!

It does not matter what your race, gender, sexual orientation, ethnicity, age, religion or ability is.

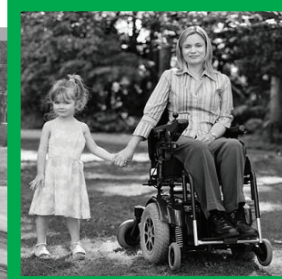
### Does someone close to you...

- destroy, deny or not fix communication devices or adaptive equipment
- withhold or change your medication
- hit, slap, push, or threaten you
- call you names or yell at you
- give you looks or act in ways that make you feel uncomfortable
- withhold affection or sex
- force you to do any sexual act against your will
- control access to:
  - phone
  - videophone (VRS)
  - TTY
  - transportation service providers
  - counseling or healthcare
  - information
  - money
  - friends or family



### What can you do? TALK TO SOMEONE YOU TRUST

Family Member  
Service Provider  
Nurse or Doctor  
Clergy Member  
Friend



### You may be more at risk to experience abuse because you may...

- not be able to defend yourself
- not be able to tell or sign your experiences
- be less able to escape
- be dependent on others
- fear that you may not be taken seriously
- fear what could happen to you if you report abuse

### You can find support at ARISE and Vera House

- ARISE provides a variety of services for people with disabilities including help with housing and employment, as well as counseling.
- Vera House can help you with safety planning, exploring legal or health options, temporary shelter, and counseling.