

Domestic Violence Awareness Month

**Together, we can create safety by
ending the silence of domestic
abuse.**

Over the past four weeks, you've received an introduction to the issue of domestic abuse and the effects it has on our community. It's normal to feel overwhelmed, as if there isn't anything we can do to really help people. Emerge! believes that it is possible to create safety, however, to do so we need our community to be an active part of the response. We have put together this toolbox of actions we all can take that will make a difference for survivors in our community.



You can save lives by learning to:

1. **RECOGNIZE** signs of abuse,
 2. **RESPOND** in a supportive way, and
 3. **REFER** to Emerge!
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RECOGNIZE signs of abuse

Learn to Spot Relationship Red Flags

Whether it's in our own relationships, or in the relationships of those around us, the first step to stopping domestic abuse is recognizing it. The warning signs below are indicators that a relationship may become abusive. Independently, these may not be strong indicators. However, when several of these occur in combination, they can be predictive of a pattern of abuse in order to gain power and control.

 [Warning Signs >](#)

RESPOND in a Supportive Way

Using a Non-Judgmental Approach when Offering Help

It's okay to ask for help, and it's okay to offer help. This applies to anyone in our community - friends, family members, coworkers or anyone who you interact with. Whether someone has reached out to you for help or you have recognized warning signs and suspect abuse, your response can save someone's life.

 [How to Help >](#)

REFER to Emerge! Services

Call the Emerge! 24-hour Bilingual Hotline - 520.795.4266

By learning about the resources available to someone who has experienced domestic abuse, you can be ready when someone needs help.

Cora's Story

Follow Emerge! Participants on Their Journey to Safety

At the early age of 15, Cora began dating her future husband. She was flattered that he was so attentive to every detail of her life. He seemed to care so much about who her friends were and the specifics of her daily activities. Within a short period, he began dictating who she could talk to and where she could go. She didn't realize that his controlling behavior would lead to demeaning and life threatening relationship. [Read more >](#)



Thank You For Spreading Awareness

Together, We Can Play a Proactive Role in Creating Safety

Domestic abuse is a year long issue and we hope that you will continue to be a loud public voice against domestic abuse, while also providing support to those in need by recognizing, responding and referring with the tools you've gained.

We also encourage you to share your knowledge by starting conversations with friends and family. In order for our community to create safety and end domestic abuse, we must first be able to have open and honest communications about the issue.



Thank you to Pima County Attorney's Office and local law enforcement for spreading awareness in our community and partnering with Emerge! to ensure a coordinated response to domestic abuse calls. Click on the picture to see more Wear Purple Day Photos!

It's okay to ask for help.
It's okay to offer help.

 **END** the silence of domestic abuse

Monthly eNews Sign Up

Stay Informed with Emerge! Updates and Domestic Abuse Information

[Sign Up](#)

You can also follow us social media.

Like us on Facebook 

Thank You to Our Partners

Spreading Awareness to Over 100,000 People in October



Community Partners Building DV Awareness*

4th Avenue Yoga ~ Arizona Department of Public Safety ~ Bank of the West
Banner-University Medical Center Tucson ~ Cavett & Fulton Law Firm
CODAC Behavioral Health Services ~ City of Tucson ~ City of Tucson Ward 1
City of Tucson Ward 3 ~ City of Tucson Ward 6
Davis-Monthan Air Force Base, Family Advocacy Program
Freeport McMoRan ~ Girl Scouts of Southern Arizona ~ HBL CPA's
Home Depot ~ KOLD ~ KVOA ~ Our Family Services ~ Peter Piper Pizza
Pima County ~ Pima County Attorney's Office ~ Pima County Health Department
Pima County Juvenile Court Center ~ Pima County Sheriff's Department
Pyramid Federal Credit Union ~ ScriptSave ~ Simply Bits
Society of HR Management ~ Southern Arizona AIDS Foundation
Southwest Gas ~ Tucson Medical Center ~ TUSD Families & Students
United Way of Tucson & Southern Arizona ~ Vantage West ~ Wingspan
Women's Foundation of Southern Arizona ~YWCA of Tucson

**as of October 29, 2015*

Become a Community Partner

There are many ways for local organizations to partner with us in October. **Contact us** to find out more!

Contact Emerge!

24-Hour Bilingual Hotline: 520.795.4266

Administration Offices: 520.795.8001

www.emergecenter.org

** For safety purposes, names and identifying details have been altered.*