

## Abuse Can Look Like...

- Hit, punch, slap, shove, or choke you?
- Threaten you, put you down, call you names?
- Have sudden outbursts of anger or overreact to small things?
- Display unreasonable jealousy?
- Threaten you with weapons or other objects?
- Show quick and extreme mood swings?
- Have a history of abuse or observing others being abused?
- Treat you like a possession, say that no one else can have you?
- Mistreat children or pets?
- Have problems discussing or showing feelings other than anger?
- Try to isolate you from family and friends?
- Display rigid thinking and stereotypical ideas of male/female roles?
- Accept no responsibility for behavior?
- Have a problem with authority figures?
- Seem charming and likeable to outsiders?

### If your partner shows any of these signs, Get Help!

It is a criminal act to abuse or threaten to abuse any family member, current or former spouse, or intimate partner.

We can help you understand and use the legal system to stay safe. We can accompany you to court, assist you in finding proper legal counsel, or simply be there for support.

Staff can help you discuss your options and develop a safety plan.

We can be reached 24 hours a day.

## The Facts

- In the US, a woman is beaten every 9 seconds.
- Domestic violence is the leading cause of injury to women, more so than all muggings, stranger rapes, and car accidents combined.
- As many as 35% of emergency room visits by females are for injuries related to domestic violence.
- The American Medical Association states, 37% of pregnant women are battered.
- One out of every 4 high school students and one out of 3 college students have been abused.

### When preparing to leave...

- Hide an extra set of house and car keys.
- Keep important papers in a safe place: birth certificates, social security cards, bank records.
- Tell a trusted neighbor or friend who can get help quickly. Tell your family what is happening.
- Make an escape plan with children: how to get out, where to go, who to call.
- Keep a small suitcase packed and hidden.
- Put some money aside or open a bank account.
- Do not leave without your children.
- Seek counseling, support, and legal advice.

## Children do suffer from witnessing Domestic Violence

Girls raised in a violent home are 6 times more likely to end up in an abusive relationship.

Boys from violent homes are 10 times more likely to become abusive in their intimate relationships.

Children witnessing domestic violence may have:

- Poor relationships with peers.
- Low self-esteem.
- High risk for alcohol and drug abuse.
- Tendencies to abuse or torture animals or other children.
- High risk for juvenile crime and promiscuity.
- Acceptance of violence as a normal behavior.
- Poor performance in school and excessive absences.
- Stress, anxiety, and depression.
- High risk for suicidal thoughts or attempts.
- Either aversion to being touched or excessively clingy.
- Lack of problem solving skills, low tolerance for frustration.

## Abuse Hurts At Any Age

**Types of Abuse** are physical, emotional, verbal, sexual, isolation, threats, intimidation, neglect, financial exploitation, and self-neglect.

**Child Abuse** is more than bruises and broken bones. Physical abuse might be the most visible, other types of abuse—emotional abuse and neglect—also leave deep, lasting scars. The earlier abused children get help, the greater chance they have to heal and break the cycle.

**Vulnerable Adults** are persons 18 years old or older who: have a court appointed guardian, are unable to live independently or provide self-care due to physical or mental impairments, or have grossly impaired judgment or behavior due to mental impairment.

**Abuse in Later Life** is any form of mistreatment that results in harm or loss to a person over 50. Victims usually have a trusting relationship with the abuser, such as a spouse, adult children, family member, relative or caregiver.

**What You Can Do** is be aware, watch for signs of abuse and neglect, and make a report.

**Adult & Child Abuse/Neglect Hotline**  
1-800-652-1999

## Important Numbers

FREMONT OFFICE: 402-721-4340    BLAIR OFFICE: 402-533-4411    WEST POINT OFFICE: 402-372-2204

24-HOUR CRISIS LINE: 402-727-7777    OR    TOLL FREE: 1-888-721-4340

SPANISH CRISIS LINE: 1-877-215-0167

[WWW.KNOWANDDOWHATSRIGHT.COM](http://WWW.KNOWANDDOWHATSRIGHT.COM)

[WWW.CRISISCENTERFREMONT.ORG](http://WWW.CRISISCENTERFREMONT.ORG)

[CRISISCENTER@QWESTOFFICE.NET](mailto:CRISISCENTER@QWESTOFFICE.NET)

FIND US ON FACEBOOK



Formerly Crisis Center for  
Domestic Abuse/Sexual Assault

Serving residents of Dodge, Cuming,  
Burt, Washington, & Saunders Counties.

141 South Union  
Fremont, NE 68025  
Blair, NE  
West Point, NE

Office: (402) 721-4340  
Blair Office: (402) 533-4411  
West Point Office: (402) 372-2204  
24-Hour Crisis Line: (402) 727-7777  
Toll Free: 1-888-721-4340  
crisiscenter@qwestoffice.net  
www.crisiscenterfremont.org  
www.knowanddowhatright.com  
 Find us on Facebook!

## The Bridge Services

- 24 Hour Domestic Abuse/Sexual Assault Crisis Line:  
1.888.721.4340 or  
1.402.727.7777
- Safety Planning, Options, & Information
- Emergency/Temporary Shelter
- Support Groups for Adults and Children who have experienced Domestic Abuse & Sexual Abuse
- Accompaniment & Medical Support
- Criminal & Civil Justice Support
- Parent/Child Support Services
- Prevention Programming for Youth (Preschool-College) & Community
- Batter's Intervention Program
- Community Education & Awareness

**All victim services are free,  
confidential, & available in Spanish.**

A United Way Agency

## Mission Statement

The Bridge is committed to the prevention and elimination of domestic violence and sexual assault.

We work to enhance safety and to promote equality in relationships. We are opposed to the use of violence to control others.

The Bridge is committed to eliminating violence in the lives of women, children, and men through empowerment, education, and social change.

Domestic Violence affects all family members.

Domestic abuse happens in families of all races, social, economic and educational backgrounds.

Once violence begins, it usually becomes more frequent and severe.

Domestic violence is the training ground for societal violence. At least 85% of men in prison grew up in violent homes.

Violence begets violence. Family violence is learned and seen as the normal response to frustration in some families.

The Bridge is a private, nonprofit agency part of a state and national network of domestic violence programs.

The Bridge generates no income through fees for services. We are funded by the United Way, government grants and contracts, private foundations, and donations from the community. Both community support and volunteers are vital to our continued operation.

## Be a friend of The Bridge

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

I have enclosed a contribution of:

\$25  \$50  \$100 Other \_\_\_\_\_

You may also make a memorial gift or honor gift in someone's name by specifying who the donation is in memory/honor of.

Would you like to receive our newsletter?

Check here

Please call or e-mail about volunteering in these areas:

- Crisis Line
- Outreach
- Office Assistance
- Fundraising
- Other

Mail to: The Bridge  
141 South Union  
PO Box 622  
Fremont, NE 68026  
(402) 721-4340  
crisiscenter@qwestoffice.net