

## UDC COUNSELING AND WELLNESS CENTER

The UDC Counseling and Wellness Center is available to promote psychological wellbeing that helps students reach their academic, personal, and relational goals. We work to help you address any issue that may be interfering with your wellbeing or success. Services are provided by trained professionals and are fully confidential.

### Counseling Services:

- Stress management
- Anxiety
- Depression
- Feeling "stuck"
- Relationship issues
- Self-esteem
- Family problems
- Grief
- Procrastination
- Difficulties with adjusting

### Contact Us Today

Van Ness Campus  
Building 39, Suite 120  
<http://www.udc.edu/ccdc>  
(202) 274-6000

801 N. Capitol Campus  
2nd Floor, Suite 333  
(202) 274-6173

Take advantage of your  
Resources



Services are  
Free for  
enrolled UDC  
students



Getting Started:  
All you need  
to do is - call &



Say you'd like  
to schedule a  
"first time ap-  
pointment" or  
"consultation."

  
KEEP CALM  
AND  
BE GOOD  
TO  
YOURSELF

UDC Counseling Center  
202.274.6000

Van Ness Campus - Bldg 39, Suite 120  
Don't delay...call us for an  
appointment today!

UNIVERSITY OF  
THE  
DISTRICT OF  
COLUMBIA  
1851

UNIVERSITY OF  
THE  
DISTRICT OF  
COLUMBIA  
—1851

## Resource Guide: Domestic Violence



## UDC COUNSELING & WELLNESS CENTER

Van Ness Campus: Building 39, Suite 120  
(202) 274-6000

801 Campus: Building 53, Suite 333  
(202) 274-6173

### Hotlines:

#### Domestic Violence

##### Intake Center:

DC Superior Court  
500 Indiana Avenue, NW,  
Suite 4235  
Washington, DC  
(202) 879-0152

United Medical Center  
1328 Southern Avenue,  
SE, Suite 311  
Washington, DC  
(202) 561-3000

#### National Domestic Violence Hotline:

Advocates are available  
24/7 at:  
1-800-799-SAFE (7233)  
1-800-787-3224 (TTY)  
All calls are free and  
confidential in over 200  
languages.

#### DC Victim 24-Hour Hotline:

The DC Victim Hotline  
provides free confidential,  
around-the-clock  
information and referrals  
for victims of ALL  
CRIME in the District of  
Columbia.  
1-844-443-5732



**For anonymous,  
confidential help  
available 24/7, call the  
National Domestic  
Violence Hotline at 1-  
800-799-7233 (SAFE) or  
1-800-787-3224 (TTY).**

### SAFETY

#### Order of Protection:

- To get a Civil Protection Order, you must come to one of the **Domestic Violence Intake Centers** at 500 Indiana Avenue, NW, Suite 4235 Washington, DC **or** United Medical Center at 1328 Southern Avenue, SE, Suite 311, Washington, DC 20032. (202) 879-0152
- You may seek a protection order if the other person is a family member, roommate, someone with whom you had a dating relationship or a child in common, are or were married to, or if they previously dated your current or former boyfriend or girlfriend.
- You must also prove to the judge that the other person committed or threatened to commit a crime against you through a police report.
- You may also file if you are the victim of stalking, sexual assault, or sexual abuse.

### EMERGENCY HOUSING

#### My Sister's Place:

MSP (MSP) offers comprehensive ongoing care from emergency shelter and transitional to permanent housing. 202-540-1064

#### Emergency Housing Providers for Childless Single Adults, 18 years +:

- John Young Center for Women (202) 639-8469
- Catholic Charities, Harriet Tubman Center for Women (202) 491-4152

#### Temporary Housing Providers for Families:

- Coalition for the Homeless Spring Road Shelter (202) 726-2203
- Community of Hope Girard Street Shelter (202) 232-7356
- Virginia Williams Family Resource Center (202) 526-0017

#### What Is a Safety Plan?

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.

### Does your partner ever...

- Insult, demean or embarrass you with put-downs?
- Control what you do, who you talk to or where you go?
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?

If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship.

### What Is Domestic Violence?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

### What Does Abuse Include?

Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.). Some examples of abusive tendencies include but are not limited to:

- Telling the victim that they can never do anything right
- Keeping or discouraging the victim from seeing friends or family
- Pressuring the victim to have sex when they don't want to or to do things sexually they are not comfortable with
- Preventing the victim from making their own decisions

### Is Domestic Violence Always Physical Abuse?

It is important to note that domestic violence does not always manifest as physical abuse. Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.

### Helping a Friend or Family Member:

If someone you love is being abused, it can be so difficult to know what to do. Your instinct may be to "save" them from the relationship, but it's not that easy. After all, there are many reasons why people stay in abusive relationships and leaving can be a very dangerous time for a victim. Let them know that the abuse is not their fault.