

You Have The Right To Be Safe!

If you've decided to leave your relationship, it is important to create a **safety plan**.

- Call 911 for emergency assistance.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will have to).
- Devise a code word with your children, family, friends and neighbors to indicate when you need help.
- Tell a trusted friend or family member about your situation.
- Have a bag packed with extra clothing, money, spare keys, and copies of important documents. Keep it in a safe place in order to be able to leave quickly.
- Use your own instincts and judgment. If the situation is very dangerous, do whatever you think you need to do to stay safe.

SafeHouse Denver is ready to assist you 24/7 in creating a safety plan or providing emotional support.

**We are just a phone call away:
303-318-9989**

You are not alone.
You deserve a life free
from domestic violence.

For more information about services, including availability, please call the 24-Hour Crisis & Information Line at 303-318-9989.

Administrative Offices
1649 Downing St.
Denver, CO 80218

Administration 303-318-9959
Fax 303-318-9979

www.safehouse-denver.org

info@safehouse-denver.org

(Note: this email is not meant to provide emergency services and cannot answer questions about Shelter availability. Please call the Crisis Line for that information.)

SafeHouse Denver is a 501(c)(3)-certified nonprofit organization. Our mission is to help adults, children and youth reclaim their right to a life free from domestic violence.



SAFEHOUSE
D E N V E R

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**We are here
to help.**



SAFEHOUSE
D E N V E R

*Helping adults, children and youth
reclaim their right to a life free from
domestic violence since 1977.*

Does your partner...

- Get jealous easily?
- Call you names, put you down or tell you that you're crazy?
- Discourage you from spending time with family or friends?
- Make all of the decisions?
- Call or text repeatedly to check up on you?
- Threaten to out your sexual or gender identity against your wishes?
- Threaten you, your family, friends or pets with harm if you leave?
- Threaten to harm themselves if you leave?

Do you...

- Feel afraid or uneasy around your partner?
- Feel less confident than you did before your relationship?
- Blame yourself for their behavior?
- Hide the truth from others about how they treat you or make excuses for their behavior?

RELATIONSHIPS ARE COMPLICATED.
You have the right to be safe in yours.

If you recognize these patterns or behaviors in your relationship, it might be time to call SafeHouse Denver. Even if these descriptions don't entirely match your experience but something doesn't feel right, please reach out to us for help.

We are here for you 24/7 by calling 303-318-9989.

SafeHouse Denver offers a range of services in both English and Spanish for survivors of domestic violence and their children. Our culturally sensitive programs empower survivors to build safer, independent lives without isolation and abuse.

The first step to accessing services is calling 303-318-9989 and talking with one of our Advocates. We're here for you 24 hours a day, 7 days a week.

Available services include:

- 24-Hour Crisis & Information Line
- Secure emergency housing
- Non-residential advocacy-based counseling
- Short-term extended stay housing
- Safety planning
- Individual and group support
- Referrals to community resources
- Teen dating violence prevention
- Children and youth services

We also offer community education in the Denver metro area to help empower communities to prevent, reduce and effectively respond to domestic violence.

SafeHouse Denver provides services for ALL survivors, regardless of race, religion, sex, marital status, national origin, immigration status, age, sexual orientation, gender expression, physical ability, political affiliation, military status, economic status, and/or veteran status.

What Is Domestic Violence?

SafeHouse Denver defines domestic violence as "a pattern of abusive behaviors used with the intention to maintain power and control over a past or present intimate partner."

Domestic violence often includes one or more of the following behaviors:

- **Physical** (pushing, hitting, choking)
- **Emotional** (name-calling, gaslighting, extreme jealousy)
- **Sexual** (forcing sexual activity, not respecting sexual boundaries, tampering with birth control)
- **Economic** (being forbidden from working, sabotaging employment, controlling family financials)

Who Does It Affect?

No one is immune. Domestic violence crosses all races, cultures, religions, ages, orientations and socioeconomic groups.

SafeHouse Denver provides a full continuum of services – **100% free of charge** – that help those affected by domestic violence.

If you or someone you care about is experiencing domestic violence, know that you are not alone.

WE ARE HERE TO HELP.
Please call 303-318-9989 to speak to an Advocate today.