Help is Available

Emergency Numbers:
- ACCESS (Suicide Crisis Hotline) 832-3100
- Family Court Temporary Restraining Order 538-5959
- Pu‘uhonua—The Domestic Violence Crisis Line 526-2200
- Sex Abuse Hotline 524-7273
- Shelter Hotline 24 Hour 841-0820
- Windward Spouse Abuse Shelter 528-0506
- Ohia Shelter 526-2200

Legal Assistance:
- Department of the Prosecuting Attorney 768-7400
- Domestic Violence Action Center Helpline 531-3771
- Neighbor Island (call-free) 1-800-690-6200
- Legal Aid Society of Hawai‘i 536-4902
- Hickam Legal Office 449-1737
- Hawaii Justice Center at Legal Aid 536-8876
- Neighbor Islands (call-free) 1-800-499-4302 ext 279
- Victim-Witness Kokua 768-7401
- Volunteer Legal Services of Hawai‘i 528-7046

Counseling and Support:
- Catholic Charities Hawai‘i 521-4437
- Counseling and Spiritual Care Center 545-2740
- Developing Options to Violence 532-5105
- Family Peace Center 832-0885
- Rainbow Family - BOB 672-9056
- Hawai‘i Counseling and Education Center 254-5684
- Pacific Gateway Immigrant Center 853-7000
- Salvation Army Family Treatment Services 732-2802

Other Assistance:
- Ala Kula (Temporary Restraining Order) 545-1880
- Bilingual Access Line 526-9974
- Crime Victim Compensation Commission 587-1143
- Child Support Enforcement Agency 692-8260
- Community清house (Helping Hands) 538-7234
- PACT Violation Center 847-3091
- HI State Coalition Against Domestic Violence 832-9316
- Kailani Palama Health Center 848-1628
- National Domestic Violence Hotline (call free) 1-800-799-7233

You have the right to know

Domestic Violence Action Center

Helpline on O‘ahu: (808) 531-3771
Toll Free: 1 (800) 690-6200
Administration: (808) 534-0040
Fax: (808) 531-7228
www.domesticviolenceactioncenter.org
facebook.com/domesticviolenceactioncenterhawaii
facebook.com/teen.alert.program
facebook.com/chss.westoahu

The Domestic Violence Action Center provides referrals and procedural information for obtaining TRO’s, applying for child support, reporting child abuse and using the justice systems. We will answer questions related to your safety, your choices and your right to live free from violence.

Supported By:
United Way
Aloha United Way

Keeping you safe

Domestic Violence Action Center provides the information and support you need to stay safe. There is hope.

August 2015

Funding was made possible by the NIH Office on Women’s Health. The views expressed in written materials or publications and by speakers and moderators at the NIH sponsored conferences do not necessarily reflect the official policies of the Department of Health and Human Services; nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. government.
**Our Mission**
The Domestic Violence Action Center is committed to ending domestic violence and other forms of abuse through leadership, prevention, legal services, individual and systemic advocacy and social change work. We believe all persons should be treated with equality, dignity and fairness. With high quality and culturally sensitive programs, delivered with integrity and compassion we are creating safety and self-sufficiency for survivors and their children.

**What is Domestic Violence?**
- Domestic violence includes physical, emotional and psychological abuse perpetrated by one partner against the other partner in order to gain and/or maintain power and control in the relationship.
- Domestic violence is against the law in Hawaii. No one has the right to physically, sexually or psychologically abuse you.
- The most dangerous time in the relationship is when you decide to leave. If you decide to leave we encourage you to discuss your plan for leaving safely with one of our trained staff.
- Domestic Violence occurs in every culture, socio-economic and age group. It affects anyone regardless of educational and religious backgrounds and occurs in same gender as well as heterosexual relationships.

**The Power and Control Wheel**
shows other tactics that are used along with the physical violence used to control the abuser's partner
- At first your partner may not be violent.
- As other forms of abuse increases, physical violence becomes more likely.
- Abusers use these tactics to keep power and control.
- They blame their partners for family problems.
- Your partner may invit you cause the violence

**What are the Characteristics of an Abusive Relationship?**
- Are you afraid of your partner?
- Does your partner control your finances?
- Does your partner accuse you of having affairs?
- Does your partner threaten to kill you if you leave the relationship?
- Has your partner ever physically hurt you or threatened to physically hurt you or someone you care about?
- Does your partner often put you down, call you names, undermine your self esteem and confidence?
- Does your partner ever force you into sexual activities that make you feel uncomfortable?
- Does your partner try to control where you go, who you are with and what you do?
- Does your partner threaten to kill him/herself if you leave the relationship?
- Do you constantly worry about your partner’s moods and alter your behavior to deal with them?
- Have you stopped seeing family and friends to avoid your partner’s jealousy or anger?

If you answer yes to some or all of these questions, you may be in an abusive relationship.

**Plan for your life**
- If you decide to leave or stay in the relationship we are here to assist you in carrying out your decision with your safety as our first priority.
- Our trained staff listens carefully, supports you as you consider your options, shares information and makes referrals to our staff attorneys, advocates and other community services.
- If you need an interpreter, please request one.

**You deserve to be safe**
We are committed to assisting you to become safe.
- Our staff will assist you in assessing the risks you are facing in your relationship and help you create a plan for your safety.
- Our legal team can provide representation for divorce, restraining orders, paternity and post-decree matters. Our attorneys understand domestic violence and will use their expertise to assist you in getting effective court orders.
- Our advocates can provide comprehensive non-legal advocacy services. Their aim is to work in partnership with you and to assist you in meeting your self-determined goals. They can assist you in services, including but not limited to: housing needs, welfare benefits, immigration issues, counseling services, accommodation to court hearings, child support concerns, and connecting you to community resources for you and your children.

- Our EXPO Court Outreach advocates will offer you information, referrals, support and short term advocacy while at court. They can provide you with information regarding the court process and procedures for criminal cases and for obtaining a restraining order.
- If you are a teen in an abusive relationship, our teen advocate can assist you with the same resources, information and support as our adult advocates.
- Your safety is our major concern. Our programs are designed with your needs in mind. Staff are available to help you navigate your way to safety.