



Are you concerned about a family member or friend experiencing abuse?

Once you recognize the abuse, know you are not to blame and you are not alone. No one deserves to be abused. This is not just the law in America. This is the teaching of the Catholic Church.

If you or someone you know is experiencing domestic abuse, there is help in the Catholic Community

LISTEN, BELIEVE AND REFER: As a Catholic Faith Community, we are called to hope, help, and healing to all harmed by domestic abuse and violence. Abuse is not God's will.

Call the National Domestic Violence Hotline: 800-799-SAFE (7233) - 24 hours, toll free www.ndvh.org

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." – Matthew 11:28

From the U.S. Catholic Bishops' Committee:

When I Call for Help: A Pastoral Response to Domestic Violence against Women: http://bit.ly/usccb_dv

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used.

CATHOLICS FOR FAMILY PEACE

For information on Domestic Violence services and counseling, contact **Catholic Charities, Diocese of Camden** at

866-682-2166 or visit our website:
<https://catholiccharitiescamden.org/>



How do I know if I am being abused? In your relationship, you may be experiencing:

- constant insults and belittling
- threats against you or your children
- intimidation and harassment
- jealousy and possessiveness
- pushing, shoving or holding down
- punching, slapping, kicking or choking
- forced or unwanted sex or sexual acts

Know that God loves you and that the Christian community cares about you.

Ensure your safety. Call the National Domestic Violence Hotline.

If you are injured due to domestic violence, get medical treatment as soon as possible. Decide to leave later.

Tell someone trustworthy about it. Telling someone is a way of relieving your suffering, breaking the silence, and the first step in getting help.

Prepare to Get to a Safe Place.