



# IT'S OK TO ASK FOR HELP

IF YOU OR SOMEONE YOU KNOW IS  
BEING ABUSED, BREAK THE CYCLE AND  
GET HELP!

FOR EMERGENCIES CALL 911

## National Hotlines

NATIONAL DOMESTIC ABUSE HOTLINE  
English/Spanish  
1-800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE  
1-800-656-4673  
rainn.org

DATING ABUSE HOTLINE  
1-866-331-9474  
TEXT LOVE IS to 22522  
loveisrespect.org

DEAF ABUSED WOMEN (DAWN)  
1-202-559-5366 video relay service  
deafdawn.org

LGBTQ+ HOTLINE  
1-800-832-1901  
www.tnlr.org

## Tennessee Resources

Domestic Violence Helpline  
1-800-356-6767

A referral and counseling helpline for victims of domestic violence. Counselors are available 24/7 to offer referrals and supportive listening, and help with safety planning.

TN Coalition to End Domestic & Sexual Violence  
1-800-289-9018

Provides free legal services to sexual assault survivors as well as immigrant and trafficked victims of domestic violence and/or sexual assault throughout Tennessee.  
tncoalition.org



## Chattanooga Resources

24/7 Domestic Violence Crisis Hotline  
423-755-2700  
www.ndvh.org

24/7 Rape Crisis Center  
423-755-2700

Chattanooga Office for Victims of Crimes  
1-800-363-0441

## Legal Aid TN

Chattanooga, TN 423-756-4013 (Serves Bledsoe, Hamilton, Marion, Rhea, and Sequatchie Counties)

Cleveland, TN 423-303-2266 (Serves Bradley, Meigs, McMinn, Monroe, and Polk Counties)

A Step Ahead Chattanooga's mission is to remove barriers to contraception by providing education, outreach, and access to free birth control.

Call to make an appointment  
423-265-7837



# DOMESTIC VIOLENCE RESOURCE GUIDE

## Domestic Violence Shelters

Partnership for Families, Children and Adults,  
Chattanooga  
423-755-2822 Crisis: 423-755-2700

H.O.P.E Center (McMinn, Meigs Co.)  
423-745-5289

Harbor Safe House (Bradley, Polk, McMinn Co.)  
423-476-3886

Avalon Center (Bledsoe, Rhea Co.)  
931-456-0747 Crisis: 1-800-641-3434

Families in Crisis (Grundy/Sequatchie Co.)  
931-473-6221 Crisis: 1-800-675-0766

Blessed Inc. (Marion Co.)  
423-505-1084

## Recognize the Red Flags of Unhealthy Relationships

Signs to watch out for:

- Wants to be with you constantly.
- Accuses you of cheating all the time.
- Follows you around or frequently calls during the day.
- Odd behaviors like checking your car mileage or asking friends to check in on you.
- Sudden mood changes & you feel you walk on eggshells around them.
- Cuts you off from your friends or any socialization and makes it difficult for you to go to work or school.
- Blames others for their own problems-never takes ownership.
- Strikes or breaks objects out of anger.
- Pushes or shoves you during arguments.

## Abuse is Not Only Physical

These are other types of abuse that can happen in relationships:

- Physical
- Verbal
- Psychological or Emotional
- Digital
- Financial
- Sexual

## How Domestic Violence Can Affect Access to Reproductive Health Needs

Reproductive coercion is a form of abuse in which the abuser interferes with an individual's decision making in regard to reproductive health.

- Birth control sabotage
- Pregnancy pressure
- Controlling a pregnancy outcome



## BY THE NUMBERS

- 1 in 4 women and 1 in 10 men experience intimate partner violence
- 7 in 10 women are psychologically abused develop symptoms of PTSD and depression
- 20% of women seeking care in family planning clinics who had a history of abuse also experienced pregnancy coercion
- 39.6% of women in Tennessee who experience intimate partner physical violence, intimate partner rape, and/or stalking in their lives