

## If You Knew Someone Was Being Abused, Would You Know What to Do?

### Respond

- Speak somewhere private
- Be concerned for their safety & say so
- If they deny the abuse, express concern & state availability to talk in the future
- If they disclose the abuse, believe them and say so
- Tell them it's not their fault
- Respect their choices
- Don't confront their partner
- Tell them help is available

### Refer

- Learn about resources available
- Provide information & phone numbers
- Encourage them to call Emerge!'s 24-hour crisis line: **1520.795.4266** or **1.888.428.0101**

Visit our website for information on what you can do to get involved.

[www.emergecenter.org](http://www.emergecenter.org)

Emerge! Center Against Domestic Abuse provides the opportunity to create, sustain, and celebrate a life free from abuse.

#### EMERGENCY SERVICES

24-hour Bilingual Crisis Line  
Toll Free: 1.888.428.0101  
Local: 520.795.4266

#### COMMUNITY-BASED SERVICES

Voices Against Violence  
4101 E. 22nd Street  
Tucson, AZ 85711  
520.881.7201

Su Futuro  
101 W. Irvington Road, Suite 2B  
Tucson, AZ 85714  
520.573.3637

#### COMMUNITY EDUCATION, FUND DEVELOPMENT, & ADMINISTRATION

2545 E. Adams Street  
Tucson, AZ 85716  
Phone: 520.795.8001  
Fax: 520.795.1559  
[www.emergecenter.org](http://www.emergecenter.org)  
[info@emergecenter.org](mailto:info@emergecenter.org)



For more information contact us at:  
[info@emergecenter.org](mailto:info@emergecenter.org)  
[www.emergecenter.org](http://www.emergecenter.org)



*"They believed in me  
when I no longer did."  
-Anonymous*

**Abuse takes many forms.**  
Are you experiencing any of these?

Being Treated As Inferior

*Biting* Shifting Blame

## Physical Abuse

*Using Weapons* Denying  
Abusing Children

*Hitting* *Name Calling*

Threats *Forced Sex*

## Emotional Abuse

Coercion *Hurtful Sex*  
*Blaming* *Isolation*

Psychological Abuse

*Infidelity* *Hair Pulling*

*Pushing* Intimidation

## Sexual Abuse

*Criticizing* *Choking*

Economic Abuse

*Unwanted Touching*

**You deserve a  
life free from abuse.**

## Emerge! Services

### Domestic Abuse Education & Emotional Support

- Safety planning assistance
- Individual & group sessions focused on understanding the dynamics & impact of abuse

### Individualized Case Management

- Life skills coaching to support self-sufficiency
- Personal strengths identification
- Assistance with connecting to community resources

### Civil & Criminal Lay Legal Services

- Information & education about legal rights & options
- Assistance in obtaining Orders of Protection
- Court accompaniment & preparation assistance
- Support for immigrants experiencing abuse

### Child & Family Services

- Services that support children and help them to strengthen bonds with their non-abusing parent and siblings
- Therapeutic art activities
- Pet Therapy

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Emmerge! Center Against Domestic Abuse (Emmerge!) prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Emmerge! must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Emmerge! must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Emmerge! will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact: Emmerge! Operations Manager 520-795-8001. Para obtener este documento en otro formato u obtener información adicional sobre esta política, Emmerge! Gerente de Operaciones 520-795-8001.

**All services are offered in  
both English & Spanish,  
and are tailored to each  
individual's needs.**

Services are available through  
Emmerge!'s:

- 24-hour hotline: **520.795.4266**  
or **1.888.428.0101**
- Shelter: for those with safety as their primary need
- Community-based sites: offices at several locations for those who need services but not shelter
- Housing stabilization: services throughout the community for those establishing homes free from abuse

## Change is Possible.

You Can:

- Regain a sense of safety
- Have a safe place for your children to grow & heal
- Work on increasing self-esteem
- Understand the dynamics of domestic abuse
- Work on your health & emotional wellness
- Find the emotional support you deserve
- Learn financial management skills
- Find safe housing alternatives
- Gain awareness of your legal rights
- Feel a sense of community
- Learn more about community resources
- Reclaim a sense of power & hope about the future & your options