Help for Victims of Domestic Abuse

Academic studies indicate that both men and women are victims as well as perpetrators of domestic violence. Historically, men are more likely to inflict injury. However, domestic violence, by definition, is not limited to physical abuse. It is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that manipulate, intimidate, paralyze, hurt, humiliate, blame, or put fear in another person. Domestic violence can happen to anyone of any race, age, gender, religion or sexual orientation. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and educational levels.

Our goal is to ensure that all victims of domestic violence receive the assistance and support they need to escape abusive relationships and live free from violence.

Our services are free and confidential.

Domestic Abuse Helpline for Men and Women
P.O. Box 252
Harmony, ME 04942
www.dahmw.org
email: dahmwagency@gmail.com

We are a 501(c)3 non-profit organization. Donations are greatly appreciated and may be tax deductible.

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Call now! A better understanding of your situation and the options available to you will make it easier for you to take positive action

National Help Line:
1-888-7HELPLINE
(1-888-743-5754)
Have You Been Abused?

- Does your partner block an exit to keep you from leaving during an argument? Open personal mail? Keep you from seeing friends or family? Use name-calling?
- Does your partner denigrate you in the presence of others? Say no one else would want you? Threaten suicide if you were to leave?
- Do you feel like you’re “walking on eggshells” around your partner? Does she act like two different people? (e.g. Dr. Jeckyll/Mr. Hyde)
- Does she threaten that if you leave you will never see the children again? Destroy or threaten to destroy your property?
- Have you been shoved, slapped, punched, bitten, or kicked? Even once?
- Does your partner anger easily, especially when drinking or on drugs?

If any number of these factors are true in your relationship, there is a problem. Victims of intimate partner violence come from all walks of life—all cultures, incomes, professions, ages, and religions. Intimate partner violence is not always defined by who’s the stronger and/or bigger person in the relationship. However, it is about one person having and maintaining power and control over another person through physical, psychological, and/or verbally abusive means.

Why Men Don’t Tell

Men typically face disbelief and ridicule when reporting abuse. As a result, male victims of domestic abuse tend to make excuses for injuries—“It was an accident”—when questioned by friends or medical personnel, which only allows perpetrators to continue the abuse.

Abusers are experts at making their victims feel like no one is on their side. Feeling like no one cares can create a spiral of isolation—the more you withdraw from friends and family, the less those who care about you will be able to help.

Though you may have been injured far worse on an athletic field, it is not the same thing as being physically attacked by your intimate partner, which hurts emotionally as well as physically. Allowing this pattern to continue can result in depression, substance abuse, loss of confidence, and even suicide.

For over 30 years, domestic violence has been defined as “the chronic abuse of power that men use to control women.” Public awareness campaigns have focused solely on men as the perpetrators, never as victims. And yet, a Department of Justice study indicates that over 834,000 men report being domestically assaulted annually.

The general public has been desensitized by sit-coms and commercials depicting men being hit over the head with frying pans, kicked in the groin, and slapped in the face by their intimate female partners. What message does this give society? A woman hitting a man is humorous and acceptable behavior. But it’s not. No one deserves to be abused whether man, woman or child.

What You Can Do:

- Keep a record of incidents of abuse.
- Take photographs.
- Always seek medical attention for your injuries, and be truthful about what caused them.
- Tell family and friends what is happening.
- Avoid being provoked into physical retaliation. When it is safe for you to do so, leave.

Reasons Why Men Stay in Abusive Relationships

- **Shame:** What will people think? OR I don’t want to be laughed at OR No one will believe me.
- **Self worth:** I probably deserved it.
- **Denial:** I can handle it, it’s not that bad OR All I have to do is leave the house until she cools down OR It’s PMS; the kids are giving her a hard time.
- **Reluctance to give up the good:** She is a really creative, or loving, or wonderful person most of the time OR She didn’t mean it.
- **Inertia:** It’s too hard to do anything about it OR I’m not ready to change my life OR I’ll deal with it later.

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