Guidance for Victims/Survivors of Domestic Abuse

A guide for UN personnel

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United Nations

DISCLAIMER: This document is intended as an informational resource only and does not take the place of legal advice. For all legal matters, please consult a local attorney, as laws vary from country to country and jurisdictions within countries.

GUIDANCE FOR VICTIMS/SURVIVORS OF DOMESTIC ABUSE

1. INTRODUCTION

You are not alone; the Organisation is committed to support you while you are suffering from domestic abuse. Domestic abuse is never the victim's fault. Many other colleagues within the UN family have also suffered domestic abuse, including physical, sexual, emotional, economic or psychological abuse.

This guidance was developed with you in mind. Recognizing that every personal situation is different, this document should only be regarded as a guidance, along with other external resources.

2. DIGITAL SAFETY

Internet safety

As you surf the internet on your computer, the links to websites you visit are stored on your hard drive as cookies; hence, they can always be retrieved or monitored. In the event you have concerns regarding your shared devices, you may wish to use safe computers that can be found in local libraries, shelters or work.

Email

Your abusive partner could have access to your email account. For safety planning and sensitive communications, open a new email account using a computer outside your household. Refrain from logging in to that account from home. It is a good idea to keep your monitored email account active with non-critical emails in order to maintain appearances.

Cell phone

Cell phones can be a beacon, tracking your exact location in real time. Be mindful that calls and text history may be retrievable. Additionally, a location tracking device (GPS) can be placed on your car or in your purse. You may wish to consider purchasing a prepaid phone (if available) that you keep in a safe place.

Social media

Do not post personal or confidential information. Once uploaded, your post will no longer be under your control. Be protective of your personal information. Your phone number, email addresses and other data such as your date of birth, the schools you attended, your past and present employers and photos with landmarks may make it easier for someone to track you down. Don't share your travel or vacation plans and don't check-in to locations on social media. You may wish to consider blocking your partner/ex-partner on your social media platforms to make it more difficult for them to track you online. You may wish to get advice about any laws that may protect you if personal photos and/or videos are shared on social media without your consent.

Consider taking a refresher of the UN Information Security Awareness courses. For more information, see TechSafety.org's Toolkit for Survivors which includes how to create a technology safety plan, assessing and documenting abuse, overview of spyware/stalkerware, tips on cell phone safety & privacy and much more.

3. SAFETY PLANNING

You may wish to consider the following as part of your safety planning efforts:

- Familiarize yourself with the cycle of abuse. For more information, see this National Domestic Violence Hotline article.
- Familiarize yourself with the dynamics that tend to repeat overtime.
- Trust your instincts and judgment. You have the right to protect yourself.
- Practice getting out of your home safely. Practice with your children.
- Plan for what you would do if your partner found out about your plan.
- When you feel that a situation is escalating, avoid rooms with potential weapons, such as the kitchen, and move to rooms with easy exits.
- Be aware of any weapons kept in the household. If possible, keep guns and knives locked away and as inaccessible as possible.
- Decide code word or signal that means “call the police” or “call a trusted contact” and share it with your children, family, friends, and trustworthy neighbors.
- Have an overnight bag ready if you need to leave quickly, and store it in a safe place (e.g. at work, friend’s house).
- Plan how you will leave and where you will go if you were to leave your home. Know the phone number to your local shelter, just in case you need to leave your house for an extended number of days.
- Keep a set of car keys with you at all times. Make a habit of keeping the car fueled and backing it into the driveway.
- Create several plausible reasons for leaving the house at different times of the day or night with and without your children.

4. WHILE LIVING TOGETHER

Your safety comes first

You may wish to consider:

- If you are in imminent danger, immediately call the police.
- During an argument, stay in an area with an exit and try not to let your abuser get between you and the exit.
- If violence is unavoidable, take defensive measures by making yourself a small target.

- Avoid wearing apparel or jewelry that could be used to harm you.
- Be mindful that violence often escalates when the victim tries to leave the abuser. Try to plan accordingly.
- You may wish to consider confidential counseling at this stage of your relationship. To learn more, see section 12. Psychosocial Counselling.

Matters to research and understand

- If you live outside your home country and are planning to leave your partner/ex-partner, get a divorce or separation, and/or establish child custody, start by consulting an attorney who understands the complexities of international divorce or separation and child custody proceedings as well as the immigration consequences of divorce or separation.
- If you can't afford an attorney, contact a free legal service organisation or visit your local family court. They may be able to determine whether you are eligible for a free legal consultation or a pro-bono attorney. In the event that you are not eligible for a pro-bono attorney, you can still file on your own for a divorce or separation (*pro se*), protect your child custody rights, and obtain financial support for yourself and your children. A legal service organization or a court may provide you with all the necessary documentation and guide you through the process. Please refer to sections below on divorce and international child custody.
- Find a safe accommodation if you decide to leave. Your personal safety and the safety of your loved ones should always remain your priority, even if it means that you have to leave your home. If possible, prepare your departure in advance.
- If possible, don't leave without documentation and evidence of the abuse. If you feel threatened, call the police.
- If you are a UNFCU client and experiencing financial hardship, please contact their dedicated domestic abuse focal point at support@unfcu.com.

5. PREPARING TO END THE RELATIONSHIP

Document the evidence

It is important to keep track of the abuse. This will support any legal action you may take to protect yourself and/or your loved ones. Therefore:

- Keep evidence of physical abuse, such as pictures of injuries.
- Document all incidents with dates, events, threats made against you and/or your loved ones, hospital visits, etc. Keep your documentation in a safe place. Contact your bank, you may be eligible for a free safe deposit box.

- Tell someone what is happening to you and give them your consent to speak to police on your behalf, if needed.
- If you are in distress during working hours, you may wish to consult a UN doctor, a nurse or a UN Staff Counsellor.
- If you are injured, go to a doctor or an emergency room and report what happened to you in full details. Ask that they document your visit. Doctors and nurses may be able to reach out to social services providers and other authorities to provide support to you. They may also be required to report the incident to the police or other authorities.
- If living abroad, make an appointment with your Consulate and write a report of your situation for your personal file.

Prepare to end the relationship

- You may wish to contact a local domestic violence support organisation or local shelter and find out about governmental resources and other options available to you.
- You may wish to consider confidential counseling at this stage of your relationship. To learn more, see section 12. Psychosocial Counselling.
- You may wish to set money aside or ask friends or family members to hold money on your behalf.
- If you have any questions or concerns on your bank accounts, consult with a financial advisor at your banking institutions.
- If you are a UNFCU client and experiencing financial hardship, please contact their dedicated domestic abuse focal point at support@unfcu.com.
- Make a plan for how and where you will escape quickly. The following list may help you organize your departure:

Identification (original and scanned versions)

- Passport, driver's license
- Birth certificate and children's birth certificates
- Social security cards
- Financial information
- Money and/or credit cards (in your name)
- Checking and/or savings account books

Emergency Numbers

- Your local police and/or sheriff's department
- Your local domestic violence programme or shelter
- Friends, family members and relatives
- Your local doctor's office and hospital
- Your local criminal prosecutor's office, e.g. a county and/or district attorney's office

Legal Papers (original and scanned versions)

- Protection/Restraining Order
- Lease/rental agreement or the deed to your home
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records
- Immigration documents, including passport, resident permits, visas, work permits, etc.
- Divorce and custody papers
- Marriage license

Other

- Medications
- Extra set of house and car keys
- Valuable jewelry
- Prepaid cell phone (besides your regular cell phone)
- Contacts/address book
- Pictures and sentimental items
- Several changes of clothes for you and your children
- Emergency money

At work

- Consider asking to change your working hours (staggered working hours under Flexible Working Arrangements Policy) or requesting permission to use SLWFP to take care of proceedings in relation to leaving your abuser, such as restraining orders, police reports, meetings with attorneys, psychosocial counselling, school and child counsellor, etc.
- Do not miss work without speaking to your supervisor first. If you are not comfortable speaking with your supervisor, you can contact your Staff Counsellor or your Executive Officer for further guidance.
- Revise your emergency contact detail list in your internal HR and IT systems.
- Update your list of beneficiaries to ensure that only those you indicate receive your death benefits, by filling out form *"Designation, Change or Revocation of Beneficiary"* P.2 (7-09)-E, and submit the original document to HR. This can be done at any time and does not require any additional documentation.
- Contact UNDSS/your Security Unit and ask them to restrict your abuser from accessing the UN premises. Provide a photograph and name of your abuser.
- When threatened, you may request an escort from UNDSS/Security Unit to leave your workplace. If UNDSS/Security Unit cannot provide assistance, contact your local police station for further assistance.
- If your abuser is also a UN personnel, you may wish to:
    - Contact your supervisor, Gender Focal Point or Executive Officer for further guidance and support;
    - File a misconduct complaint by reporting to your direct supervisor, OIOS/investigative service or by contacting your HR focal point.

6. AFTER YOU HAVE ENDED THE RELATIONSHIP

Your continued safety

The most dangerous time is when you are planning to leave or have recently left your partner. Staying safe is crucial during this time. You may also wish to consider consulting a counselor at this stage to help you heal, build your resilience and regain your self-esteem and self-confidence. To learn more, see section 12. Psychosocial Counselling.

At home

You may wish to consider:

- Change your locks.
- Call your phone provider to change your numbers and make them unlisted.

- When possible, change your work hours and the route you take to and from work, or seek authorization to exceptionally work from home 5 days or outside the duty station.
- Change the route taken to transport children to school or consider changing your children's schools.
- Alert your children's daycare(s) and school(s) of the situation. Provide them with any restraining order in effect. Alert them of any revised schedule for pickups if your ex-partner has visitation rights. Update the list of adults authorized to pick up your children. Ask the school to notify you if your ex-partner attempts to pick up your child/ren outside normal pick-up hours or days.
- Talk to people who take care of your children or drive them/pick them up from school and activities. Explain your situation and provide them with a copy of the restraining order.
- If you have a restraining order in effect, keep a certified copy with you at all times, and inform trusted friends and neighbors that you have a restraining order in effect. Ask that they call the police if they feel you may be in danger.
- Call law enforcement to enforce the order when the abuser violates the order.
- Consider renting a post office box or using a friend's address for your mail (be aware that addresses are on restraining orders and police reports, and be mindful of whom you give your new address and phone numbers).
- If you have any questions or concerns on your bank accounts, consult with a financial advisor at your banking institutions. If you are a UNFCU client and experiencing financial hardship, please contact their dedicated domestic abuse focal point at support@unfcu.com.
- Reschedule appointments that the ex-partner is aware of.
- Use different stores and frequent different social spots.
- Install a security system and a motion sensitive lighting system on your property, if possible.

At work

- If you are a spouse of a UN staff member or if you are both UN staff members, contact HR to learn whether your partner can remove you from different entitlements. Some entitlements can be removed at any time, others are dependent on divorce papers or annual enrollment/change campaigns (such as insurance).
- Alert UNDSS/your security unit if you have a restraining order. Give Security the name and a picture of your ex-partner so that the person can be barred from entering your workplace. This information will be shared with the reception desk.
- Immediately after your physical separation, contact your HR Focal Point and let them know that your ex-spouse/domestic partner no longer lives with you.
- If you haven't already done so, update your list of beneficiaries to ensure that only those you indicate receive your death benefits, by filling out form "1.P.2-E (Designation, Change or Revocation of Beneficiary)" and submit it to HR.

- Change your passwords on your UN accounts including email. If you fear your ex-partner may try to breach your account, contact your IT desk.
- If you are occasionally working remotely, make sure your passwords are not saved on your home computer; do not share your home laptop profile password with anyone. Be careful allowing cookies for sites other than UN websites on your home computer as they may automatically save your data without your acknowledgement. When you close your browser, consider deleting your browser history. You may also use browser in private or incognito mode to ensure your actions are not being tracked.
- Inform your supervisor and your Executive Officer of any personal change (address, phone number, etc.) and update your contact details on internal HR and IT systems.
- If your bank accounts are shared, open a new bank account and complete the form F.48 Authorization for Direct Deposit of Salary to ensure your salary is going into an account your ex-partner cannot access.
- Please refer to the UN Pension Fund (UNJSPF) webpage on divorce for further information and to download the Divorce Booklet.
- You may wish to review and update your PENS.A/2 – Designation of Beneficiary for a Residual Settlement to remove your ex-partner's name.
- If you have further questions, please refer to the UNJSPF 'Contact Us' webpage: https://www.unjspf.org/contact-us/
- If you have enrolled in the non-mandatory life insurance policy, you should update your beneficiaries by filling out the Designation of Beneficiary form (available in the ST/IC/2002/63, page 25) and submitting it to your local HR Focal Point.
- If your ex-partner is:
    - A dependent, you can remove them as a dependent at any time, no documentation is needed, you simply need to inform HR of the change in dependency claim.
    - Be mindful that you can only terminate the health and dental insurance coverage of your dependent during the Annual Insurance Enrolment Campaign or in case of a change in your personal status (divorce, death). The application for termination needs to be made within 31 days of such an occurrence.

7. CIVIL PROTECTION/RESTRAINING ORDERS

- You may want to consider a civil protection/restraining order to protect you and your children from domestic abuse. This type of legal order tells your abuser that they cannot abuse or harass you, and there are legal consequences for violating the protective order. It can also tell them not to approach you, nor contact you and/or your loved ones. In many jurisdictions, an initial protection order may be temporary, and can include temporary custody of the children and a visitation arrangement, temporary

child support, use of the home and/or a vehicle, removal of firearms and other legal orders to attempt to end the violence. If your abuser is allowed to re-enter the house to pick-up their personal belongings, make sure they are accompanied by a police officer. Following a temporary restraining order, there will be a hearing in the relevant court, e.g. family court, to determine whether the protection/restraining order should be renewed or become permanent, and if there will be further hearings on divorce, separation, child custody, child support, etc. A restraining order does not necessarily involve the criminal justice system unless the perpetrator violates the order.

8. SEPARATION, DIVORCE AND CHILD CUSTODY

- Separation and divorce cases involving UN partners can be complicated and frightening particularly when immigration status, such as G-4 visa status, is a factor. It is vital that you select an attorney who is experienced in working with international families and is familiar with the applicable immigration regulations. Hiring the most competent legal help available is important, even if it involves borrowing money to do so. The need to understand the legal terms and processes can make it particularly intimidating. Attorney fees are often calculated in minutes spent working on your case; some attorneys may agree to a flat fee. Agreements with attorneys on their fees should be made in writing and in advance. The more you can educate yourself before you meet your prospective attorney, the less money you will ultimately spend.
- If you hire an attorney, please make sure to vet their experience with international divorce/child custody. Questions to consider when interviewing potential attorneys:

Expertise

- How many years have you been practicing law?
- What is your experience with domestic violence cases?
- What experience have you had working on international divorce and child custody cases?
- Which countries do you have experience with?
- What experience have you had working with clients on their immigration status?
- What is your experience litigating contested custody cases?
- Who in the office will actually work on my case?
- How long can I expect my case to take?
- How will I know how much work is done on my case each month?

Financial Considerations

- What is your hourly rate?
- Do you require a retainer? If so, how much is the retainer? How will time be charged? Will I be charged every time I call your office?
- How much will I be charged for administrative time? Travel time? Paralegal time?
- Can my ex-partner be required to contribute to my legal fees?
- What are your payment terms? Are credit cards accepted?
- What can I do to keep fees down?
- What are the approximate maximum and minimum fees I can expect to pay?

- If you cannot afford an attorney, you can still seek a protection/restraining order, file for divorce or separation, custody and child support by filing a legal action on your own (*pro se*). Know that it will take you time and effort, but it is still feasible. For more information, visit a legal service organization or court near you.
- If you and your ex-partner have children in common, be aware that custody agreements may require the children to remain in the jurisdiction. It is advisable to include visitation schedules and overseas visits with relatives when deciding on custody and visitation.
- When you travel with minor children, you should always have the appropriate custody papers with you in the event of questions.

Ways to keep legal costs down

If you seek the advice of or retain an attorney, try to minimize costs by learning about the processes and preparing your own paperwork as much as possible:

- Do not use your attorney as a therapist. Limit your sessions with your attorney to legal matters. For emotional support, seek out professional counseling instead.
- Provide your attorney with all necessary documents and pieces of evidence. Providing information will save you time and money. Before your first meeting with your attorney, assemble as much information as you can, including information on your salary and your partner's salary, pension entitlements, and assets accumulated during your marriage/domestic partnership.
- Email rather than call your attorney. If you do call, make a list of your questions and be as specific as possible. Remember that you are being charged for the time your attorney spends on the phone with you.

- Understand all fees your attorney is charging you. Sometimes clients are shocked to find that they have been charged for talking to their attorney for as little as five minutes.
- If you plan to change your name following your divorce, have your attorney take care of the name change as part of the divorce proceedings.
- Be realistic in your demands. It is natural to want to get back at a spouse by hurting them financially, but the court is not likely to take emotional issues into account in dividing your property or awarding you with maintenance and support. Set attainable goals and keep a realistic perspective of the situation. Remember, if you have children, it is best to have a very specific schedule for parenting time.

9. INTERNATIONAL CHILD CUSTODY

If you are living away from your home country and share the custody of your children, don't just flee with them back to you home country. Be aware of any potential legal implications before doing so. If you take your children without a custody order, you may be accused of international child abduction. You could even be arrested at the airport before you leave. If you make it to your home country, you may be forced by a domestic court to return with your children, and you may be required to pay the other custodial parent's legal fees as well as your own. Moreover, when you return, your case may be heard in the foreign court, where you may be viewed as an international child abductor. Therefore, before you take any action, it is best to consult an international family law counsel familiar with international divorce and separation, international custody and the rights and obligations of parents available under the Hague Convention. Refer to a legal expert in international child custody and child abduction for more information and support. Your local domestic violence support organisation may be able to provide you with a list of attorneys who they trust and know to be competent to work with victims/survivors.

10. FAMILY AND CHILD SUPPORT ORDERS

In the event that a staff member fails to comply with their financial obligations to a spouse or a former spouse or family members and that failure is brought to the UN's attention, HR will meet with the staff member to discuss the necessity of paying the required amounts. If the HR receives proof that the staff member has failed to pay support, or is not paying the amount required under a maintenance and support court order, HR may request payroll to withhold the funds from the staff member's salary and pay them directly to the former spouse or other family members, as directed by the court order. See SGB 1999/4 Family and child support obligations of staff members and ST/AI 2000/12 Private legal obligations of staff members.

11. ADMIN STEPS AFTER SEPARATION OR DIVORCE IS FINALIZED

- Inform the United Nations about the separation or divorce by contacting your HR focal point, and identify areas that may require updates to the information provided to the United Nations.
- To change your name on UN administrative forms, email address, etc, you will need a court decision or passport to verify your name change. Provide the original documents to HR.
- Once the staff member and their spouse no longer maintain the same residential address, the staff member has the obligation to terminate their spouse's host country registration record through their HR office. The spouse's immigration status, e.g. G-4 visa, should also be terminated upon divorce from the staff member, or if the staff member dies or separates from the United Nations (including SLWOP). Furthermore, staff members and/or their dependent(s) with a visa may be forced to depart their host country within a certain number of days. For example, in the United States G-4 visa holders are only allowed to remain in the US for up to 30 days. If they wish to remain in the country for a longer period, they can make arrangements to change their visa status by contacting the US Citizenship & Immigration Services.
- Legally separated or divorced spouses and partners who have terminated a domestic partnership and children of UN staff members who are eligible for repatriation benefits may request the payment of applicable return travel and shipment expenses. Please confirm eligibility and time frame for use of this entitlement with your HR focal point.

12. PSYCHOSOCIAL COUNSELLING

Counselling can be an important step to build your resilience and to help you regain your self-esteem and self-confidence. Becoming aware of your strength and power will be pivotal in your journey and decision making whether you are still with your partner, you have decided to leave, or you have left.

Finding a counsellor

There are several options that you may want to explore in order to find a counsellor who you feel comfortable and safe with. One option is to choose a counsellor through your health insurance but be aware that if you are not the primary insurance policy holder, the providers you have visited will be available to the policy holder on their online account. Additionally, your local domestic violence support organisation may be able to provide you with a list of counselors who specialize in domestic abuse. When you are screening prospective counselors, trust your intuition on who may be a good fit for you.

Key considerations for choosing a counsellor:

- When searching for a counsellor use different filters, such as insurance, gender identity, sexual orientation, language spoken, cultural preferences, and more.
- Ask for their level of training on domestic violence.
- Inquire about their professional experience working with clients impacted by domestic violence.
- Research their therapeutic approach to ensure that the counsellor is a good fit for you.
- Consider your counsellor's location; ensure they are not too close to your home nor other areas regularly visited by your partner/ex-partner.

DISCLAIMER: This document does not offer, and is not a substitute for, professional legal, medical, psychiatric, criminological, technological, or any other kind of professional advice. Please contact a local bar association, your family doctor, local hospital, any local domestic violence support organisation or other emergency resources within your jurisdiction to obtain a referral to a competent professional. If you are in an imminent danger, call the police or an emergency response hotline, e.g. 911.

ANNEX
SUPPORT AND INFORMATION RESOURCES FOR UN HQ (NY, NJ, CT, PA)

For personnel based in other duty stations, please refer to your duty station-specific *Aide-Memoire for Gender-Based Security Incidents* which may provide relevant local support resources, or visit your intranet for more information.

1. PATTERNS OF ABUSIVE AND VIOLENT BEHAVIORS

As per the National Center on Domestic and Sexual Violence, physical and sexual assaults or threats to commit them are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. The power & control wheel is a particularly helpful tool to understand the overall pattern of abusive and violent behaviors, which may be used by abusers to establish and maintain control over their partners. For more information, see the Power and Control Wheel.

2. ORGANISATIONAL SUPPORT/RESOURCES

INTERNAL SUPPORT	HELP WITH
Staff Counsellor	Psychosocial counselling & referral to external support organizations
Ombudsman and Mediation Services	Help with confidential listening, off the record assistance, in particular if issues are experienced between two UN employees
UNDSS/Security Unit	Imminent danger, other safety & security measures, *Aide-Memoire for Immediate Response to Gender-Based Security Incidents*
EO/Human Resources (HR)	Special leave requests for moving, court appearances, etc. Temporary or permanent transfers, etc.

3. EXTERNAL SUPPORT ORGANISATIONS/RESOURCES

If you are living in a country other than your own, don't assume that the local authorities and support organisations won't help. Expatriates often feel that local social welfare agencies won't understand and will automatically side with the other spouse/partner who may be a citizen. However, in many countries and cities, services are available to support all victims, regardless of their immigration status.

Local Police Department: If in immediate danger, call the police (911)

Domestic Violence Shelters

For a full listing of shelters in the United States, visit the National Shelter Listing website: https://shelterlistings.org/

Family Justice Centers

Family justice centers are free of charge and confidential government assistance for affected persons gender-based violence. To find a family justice center near you, visit: https://www.familyjusticecenter.org/

Domestic Violence Hotlines and Support Organizations:

- National Domestic Violence Hotline | +1-800-799-7233 24hr Hotline | Provides confidential help and resources in the US
- Love Is Respect | +1-866-331-9474, or text LOVEIS to +1-866-331-9474 | Youth resources, a project of the National Domestic Violence Hotline
- Safe Horizon | 1-800-621-HOPE (4673) 24hr Hotline | Services provided: Crisis counseling, confidential, one-on-one support, safety assessment and risk management, interpreters, referral to appropriate services and to local hospitals that conduct sexual assault forensic examinations.

State Coalitions:

- New York State Coalition Against Domestic Violence (NYSCADV)
- NJ Coalition to End Domestic Violence (NJCEDV)
- Connecticut Coalition Against Domestic Violence (CCADV)
- Pennsylvania Coalition Against Domestic Violence (PCADV)

Legal Resources:

- WomensLaw.org: state laws and resources related to protection/restraining orders and child custody
- Casa De Esperanza: Learn your rights based on your immigration status.
- Violence Against Women Act (VAWA): immigrant women who are experiencing domestic violence, married to abusers who are U.S. Citizens or Legal Permanent Residents, may qualify to self-petition for legal status under VAWA.

International Law and Domestic Abuse:

Compendium of International and National Legal Frameworks on Domestic Violence provides a survey of the key international and regional instruments, as well as national legislation relating to domestic violence.

International Child Abduction:

The Hague Convention details protections and provides a framework for countries to work together in specific ways to resolve international child abduction cases. For Country-by-Country Information About Child Abduction and Divorce see the drop-down menu for some initial information (this information is provided by an international family law firm, with no affiliation to the UN and this information is not vetted or endorsed by the UN).

Technology Privacy & Safety:

- National Network to End Domestic Violence
- National Center for Victims of Crime
- TechSafety.org
- Surveillance Self-Defense Tips, Tools and How-tos for Safer Online Communications

Cultural- or Faith-Based Resources (in the New York metropolitan area):

- FaithTrust Institute
- Muslim: Turning Point for Women and Families
- Jewish: Shalom Taskforce
- South Asia: Sakhi for South Asian Women

Specific Information & Trainings

- National Network to End Domestic Violence
- National Coalition Against Domestic Violence
- Futures Without Violence
- Men Stopping Violence
- Ayuda
- Tahirih Justice Center

4. COMMUNITY SUPPORT

Community support can be valuable, you may wish to find support groups for victims/survivors of domestic abuse on social media. Search for private groups on “domestic violence,” “abuse survivors,” and similar keywords.

Video Testimonals from survivors:

- TedTalk: Why domestic violence victims don’t leave | Leslie Morgan Steiner (15:59 min)
- TedxTalks: It’s Time to Talk about Psychological & Verbal Abuse | Lizzy Glazer | TEDxPhillipsAcademyAndover (10 min)
- TedxTalks: Domestic abuse: not a gender issue | Andrew Pain | TEDxLeamingtonSpa (12:35 min)