



The Support Center at Burch House is a program of Tri-County Community Action Program, Inc. For information about other TCCAP programs visit [www.tccap.org](http://www.tccap.org)

# THE SUPPORT CENTER AT BURCH HOUSE

**DOMESTIC OR SEXUAL VIOLENCE CAN DISRUPT ANYONE'S LIFE AT ANY TIME.**

Recovery from abuse is a journey and we're with you every step of the way.



Direct Services and Shelter for Victims and Survivors of Domestic and Sexual Violence and Stalking in Northern Grafton County

## CONTACT SUPPORT CENTER

**Address:** 260 Cottage Street, Suite E, Littleton, NH 03561  
**24 Hour Help Line:** 1-800-774-0544  
**Shelter Services:** 603-444-0624  
**Support Services:** 603-444-0184  
 1-800-Relay NH TDD 711  
 AT&T Language Line Available  
**Fax:** 603-444-0646  
**Email:** [scbh@tccap.org](mailto:scbh@tccap.org)

The Support Center provides services to victims and survivors of sexual violence, domestic violence, and stalking, regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity or expression, socio-economic status, race, religion, national origin, immigration status, or religious or political affiliation.

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## WHAT IS ABUSE?

Domestic violence is a pattern of hurtful and harmful behavior that is used by one partner against the other in order to manipulate, coerce, assert power, and maintain control over the relationship. Abuse may be physical, sexual, emotional, or economic and affects people from all walks of life. It occurs within the context of heterosexual relationships, gay and lesbian relationships, to married people, to individuals living together, and also in teen dating relationships. Abuse does not discriminate: it occurs in every income level, race, ethnic group, age, religion, educational background, and regardless of one's sexual orientation or physical, mental, developmental, or emotional ability.

There is never an excuse for violence and abusive behavior in a relationship. Abuse may take the form of constant criticism, verbal put downs, name calling, yelling, or swearing. A "little slap" or push is abuse; so is breaking property, threatening to break property, or threatening to hurt your partner. Being forced, coerced, or manipulated into having sex when you don't want to or engage in sexual activities that you find uncomfortable is also abuse.

Abusers usually blame their partners for their behavior. As a result, victims often believe that the abuse is their fault. But abuse in a relationship is **NEVER** the victim's fault. The person committing the abuse is 100% responsible for their own behavior. Abuse victims are often embarrassed, ashamed, or too afraid to seek help. Many victims do not want the relationship to end, they want the abuse to stop. However, without intervention, the violence often increases and becomes more dangerous for the victim. Children who witness abuse, regardless of whether or not they are directly abused themselves, are also victims. The trauma a witnessing the abuse of a parent can impact their mental and emotional health and development.

**Remember, violent behavior in a relationship is not only unacceptable, it is a crime.** Victims of domestic and sexual violence may never tell anyone about the abuse that is happening to them. Survivors of violence may not know that they can still reach out for help, even if they have left the relationship. Admitting there is or has been abuse in a relationship can be difficult, but it is the first step toward living violence free. It's not your fault. No one deserves to be abused. You are not alone. **We can help.**

1 IN 3   
**Women & 1 IN 4 MEN**  
 will experience domestic violence in their lifetime

24   
**PEOPLE**  
 per minute are victims of domestic violence

  
**30%-60%**  
 of perpetrators abuse children in the household

**18-24**  
 the age of women most commonly abused by an intimate partner 

Source: National Domestic Violence Hotline and [domesticshelters.org](http://domesticshelters.org)

## IS THIS ABUSE?

### Signs of domestic violence

- Threaten to hurt you and/ or your children?
- Criticize you for little things?
- Humiliate you in front of others?
- Use or threaten to use a weapon against you?
- Controlling all finances?
- Prevent you from working or attending school?
- Discourage relationships with family and friends?
- Constantly accuse you of being unfaithful?
- Track all of your time?
- Threaten or break your property?
- Hit you, push you or slap you?
- Cause you to feel afraid for your safety?

### Domestic violence can take many different forms:



#### Psychological or Emotional Abuse

Threats, insults and put downs



#### Physical Abuse

Hitting, kicking, punching, choking



#### Economic Abuse

Controlling money, taking your pay, stalking or harassing you at your job

### It is against the law to:

- Injure you (RSA 631:1, 2, 2a)
- Threaten you so you fear for your life (RSA 631:4)
- Force sexual contact on you against your will (RSA 631:1, 2, 2a, 4; RSA 632A)
- Enter your residence against your will, if living separately (RSA 635:1)
- Prevent you from leaving your residence (RSA 635:2)
- Destroy or threaten to destroy your property (RSA 634:1 and 2)

RSA 173:B is the NH law that provides legal protection against domestic violence. The court can grant an order of protection on your behalf if you can show that you are in immediate danger of being abused by your partner. You do not have to file for divorce; you do not need a lawyer; you do not have to report the abuse to police; and you do not have to pay any court costs or fees to file for a domestic violence or stalking protective order.

## THE SUPPORT CENTER CAN HELP

The Support Center at Burch House is a non-profit, volunteer-based organization committed to:

Providing direct services, shelter, and support to victims and survivors of domestic and sexual violence and stalking.

Educating the public on the impact of domestic and sexual violence on victims, their families, and our communities.

Providing violence prevention education and outreach presentations to schools, community groups, social service agencies, police departments, medical personnel, and others who wish to learn how to respond to domestic and sexual violence.

## 24 HOUR CRISIS LINE:

 1-800-774-0544



All Support Center services are confidential and free of charge.

### 24 HOUR HELP LINE

Trained victim advocates respond to crisis calls and offer nonjudgmental support, information and referrals regarding services and options available to victims and survivors.

### COURT ASSISTANCE

Trained court advocates assist victims in obtaining orders of protection and during other court appearances.

### 24 HOUR TRAINED VICTIM ADVOCATES

Trained victim advocates provide in-person assistance at the hospital and/or police station for those seeking medical care or police intervention.

### EMERGENCY SHELTER

Emergency shelter is available 24 hours for victims and their children who are in need of temporary emergency housing.

### SUPPORT GROUPS

Support groups are offered on an on-going basis for those whose lives have been disrupted by domestic or sexual violence and stalking.

### HOUSING ADVOCACY

Trained Housing First Advocates assist survivors and their families to obtain or maintain safe, permanent housing.

## IF YOU HAVE BEEN RAPED OR SEXUALLY ASSAULTED:

1

Do not eat, drink, smoke, bathe, douche, or change your clothing before going for help.

2

Get to a safe place and call our help line for assistance. A trained Support Center Advocate is available 24 hours to provide information, support and in-person accompaniment.

3

Get medical attention at a hospital emergency room as soon as possible. You may have internal injuries or you may need to be treated for an infection. You do not have to report the crime, speak to police or decide whether or not to press charges against the assailant in order to receive medical care. Physical evidence may be collected, but will not be processed until you make a decision on whether or not to press charges.

In most cases, you do not have to report the crime to police. However, if the assault goes unreported, the offender may assault someone else and continue to be a threat to your safety. Whatever you decide, the Support Center is here to help.

