

How Can Starting Point Help?

Support

- Advocates listen, provide emotional support and discuss options through our 24-hour support line (800-336-3795).
- Advocates may be available to meet in person 9:00am– 4:00pm Monday–Friday, no appointment needed.

Court Advocacy

- Assistance obtaining protective orders.
- Assistance with Family Court processes.
- Accompaniment to court hearings.

Hospital Advocacy

- In-person support to victims at area hospitals and doctor's offices.

Emergency Shelter

- We may be able to help with finding a safe place to stay.

Support Groups

- A supportive forum to listen or talk with others with similar experiences.

Child Advocacy Center Advocacy

- Accompaniment to Child Advocacy Center interviews.
- Support for parents and children during and after interviews.

Legal Advocacy

- Accompaniment to attorney meetings.
- Accompaniment to police interviews and meetings.

**ALL CLIENT SERVICES ARE
FREE AND CONFIDENTIAL**

Important Phone Numbers:

Emergency Services

Police	911
Starting Point Office	603-447-2494
24 Hr Support Line.....	800-336-3795
NH Department of Health & Human Services	
Conway	603-447-3841
General.....	800-552-4628
Child abuse reporting in NH.....	800-894-5533

Legal Assistance Services

Conway District/Family Court.....	855-212-1234
Ossipee District/Family Court.....	855-212-1234
Carroll County Superior Court	855-212-1234
NH Bar Lawyer Referral.....	603-229-0002
603 Legal Aid	800-639-5290

Health Services

Memorial Hospital.....	603-356-5461
Huggins Hospital	603-569-7500
Lakes Region General Hospital	603-524-3211
Northern Human Services:	
The Mental Health Center	
Conway	603-447-2111
Wolfboro.....	603-569-1884



www.startingpointnh.org



What is at the center
of your relationship?

30 Pleasant Street
PO Box 1972
Conway, NH 03818
603-447-2494
www.startingpointnh.org

24 Hour Support Line
800-336-3795



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Is it abuse?

- Does your partner tell you
 - ...that you are stupid and everything is your fault?
 - ...that you can't do anything right?
 - ...that no one else would ever want you?
 - ...which friends or relatives you can see or talk to?
- Are you prevented from
 - ...using the phone?
 - ...going to school or getting a job?
 - ...spending time with family and friends?
- When bad things happen or go wrong, does your partner always blame you?
- Does your partner:
 - ...break, throw, or burn things, especially things you care about?
 - ...punch walls or other objects?
 - ...push, kick, hit, or spit on you?
 - ...purposely hurt or neglect your pet?
- Are you pressured or forced to have sex when you don't want to?
- Do you keep trying to please your partner hoping they will change?
- Does your partner threaten to:
 - ...hurt or kill you, themselves, your children, other family members, and/or your pet when they are angry?
 - ...take your children if you ever try to leave?
 - ...hurt or kill you, themselves, your children, other family members, and/or your pet if you try to leave?
- Does your partner:
 - ...watch every move you make?
 - ...call you 10 times a day?
 - ...accuse you of having affairs with everyone?
- Does your partner:
 - ...control all finances?
 - ...give you an "allowance"?

What you should know:

Abuse happens when one partner (the batterer) has power and control over the other partner. There are different kinds of abuse, and domestic violence may include all, some, or only one form of abuse. Very often one or more violent incidents are followed by other types of abuse. They may be harder to identify, but they firmly establish a pattern of intimidation and control in the relationship.

Domestic violence is a crime in the State of New Hampshire. Emotional, verbal or economic abuses are not usually considered illegal, but can be just as harmful to a person as physical abuse.

Abusive behavior is a choice made by the batterer and is not the victim's fault.

Starting Point provides services to victims/ survivors of sexual violence, domestic violence, stalking, and human trafficking regardless of gender, age, health status, physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status, religious or political affiliation.

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What you can do?

IF YOU ARE IN IMMEDIATE DANGER CALL 9-1-1

Seek Support

- Talk to a trusted family member or friend.
- Contact law enforcement.
- Contact Starting Point.

Take Legal Action

- File for a protective order at your local court.

Develop a Safety Plan

- Decide what you will do if an emergency occurs.
- Have documents and other personal items ready in case you need to leave quickly.
- Make sure your partner cannot track you when you leave.

Seek Shelter

- Check with a trusted family member or friend.
- Find a safe hotel/motel.

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24-HOUR SUPPORT LINE

800-336-3795

(Translators are available)

Chat online M-F 8am-4pm

Connect via:

our website link -

resourceconnect.com/sp/chat

OR

text 603-452-5302