



Intimate Partner Violence Impact & Options for Care

Intimate partner violence impacts women all over the world regardless of income, race/ethnicity, or location. Thirty (30) percent of Black women will experience intimate partner violence in their lifetime. Black women experience intimate partner violence at a rate 35% higher than White women and 22 times more than women of other races (Source: IDAVVC). Given the high rates of intimate partner violence within the Black community, it is imperative that we have access to quality care & services.

Here are some options for care for survivors of intimate partner violence:

- **Therapy & Support Groups:** Therapy and support groups for survivors of intimate partner violence provide a healing space to talk to a helping professional or other people who have similar experiences. There are plenty of low-cost options available for survivors because of the number of non-profits around the country that focus on intimate partner violence survivors. You can also pay to see a therapist. For organizations in your area visit: <https://www.domesticshelters.org/>
- **Legal:** Engaging law enforcement and the court system presents a challenge for Black women who want to take legal action against a perpetrator. Oftentimes, woman are not believed or are re-victimized by people who are supposed to help them. If you are interested in taking legal action, check out: <https://ncadv.org/tips-for-accessing-resources>
- **Crisis Hotlines:** Crisis Hotlines provide assistance for people who are in a crisis and direction on where to go to get help. Crisis hotlines are not a substitute for calling 911 (if you are comfortable contacting emergency personnel) in the event of an emergency. **Call the National Domestic Violence Hotline at: 1-800-799-7233 (SAFE)** to speak with a trained professional.
- **Safety Planning & Shelters:** Creating a safety plan with a scounselor provides a way for you to plan in the case of an emergency. Safety plans include places of refuge of where you can go and who to reach out to in the event of crisis. Shelters and organizations that serve survivors of intimate partner violence are all over the country. Create a safety plan at: <https://ncadv.org/personalized-safety-plan>



Intimate Partner Violence Impact & Options for Care Chicago Resources

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Here are some options for care for survivors of intimate partner violence:

Here are organizations that provide services for intimate partner violence survivors in Chicagoland:

Family Rescue

<https://familyrescueinc.org/get-help/>

Contact Number: (800) 360-6619

Services: Shelter, Affordable Housing,
Counseling, Case Management, Legal & Medical Advocacy
Cost: FREE

Metropolitan Family Services - Calumet Center

https://www.metrofamily.org/community_center/calumet/

Contact: 773-371-3600

Services: Legal Advocacy, Safety Planning
Cost: FREE

Between Friends

<http://www.betweenfriendschicago.org/gethelpnow.html>

Contact Number: 773.769.0205

Services: Counseling, Legal Assistance

Connection for Abused Women & Children

<http://www.cawc.org/get-help-1/>

Hotline: 773.278.4566.

Services: Crisis Intervention, Shelter, Legal & Medical Advocacy, Individual & Group
Counseling
Cost: FREE

House of the Good Shephard

Hotline: 773-251-7641

<http://hgschicago.org/>

Services: Shelter, Counseling, Intensive Recovery/Trauma Services

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