

# ***DOMESTIC VIOLENCE***

Domestic violence is a problem nationwide. It can happen to anyone, but the problem is often overlooked, denied, or excuses are made. Domestic violence is not only physical abuse but more often it is psychological abuse. It is extremely important to know the signs of an abusive relationship because without noticing it, you can't end it. If you recognize that yourself or someone you know might be in an abusive relationship, reach out. Help will always be available.

The following are some warning signs of domestic violence:

- Looks at you or acts in ways that scare you
- Controls what you do, where you go, and who you talk to or see
- Tells you that you're a bad parent and threatens to take the kids away
- Acts like the abuse is no big deal, your fault, or denies doing it
- Intimidates you with a weapon
- Shoves, hit, slaps, or strangles you
- Threatens to commit suicide
- Threatens to kill you

Please remember that domestic violence is a crime. Anyone who hits, strangles, threatens, harasses, or interferes with the personal liberty of another family or household member has broken the law. There are many different situations describing 'Family' or 'Household member'. It can be as clear as husband and wife, or as gray as someone's caretaker.

There is always help available including support groups. It is very hard getting out of an abusive relationship. Many people stay because they are afraid to leave, don't want to separate due to kids, or because they are afraid they won't be able to support themselves without their abusive partner.

In Carpentersville we have a full time social worker who is here and available to help victims of domestic violence. Her contact information is as follows:

Griselda Hernandez  
847-551-3481 ext 1666  
[ghernandez@cville.org](mailto:ghernandez@cville.org)

We also branch out to outside agencies such as the Elgin Crisis Center. They are available 24 hours a day and their contact information is as follows:

Elgin Crisis Center  
847-697-2380 (24 hour line)  
847-742-4088  
847-697-9740 (En Español)  
<http://www.crisiscenter.org/index.php>