



METRO

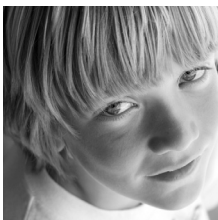
Metropolitan Center
For Women & Children



Coping With...

Domestic Violence, Sexual Abuse, Stalking

Serving women, children, teen and
male survivors.



For all crisis, counseling,
advocacy, referral and
shelter inquiries:

24 HOUR CRISIS HOTLINE

504-837-5400

All services are free
and confidential



Louisiana Coalition
Against
Domestic Violence





Stalking

Stalking is a crime. It is a pattern of unwanted attention.

Stalking behaviors

Are you getting unwanted, threatening or harrasing emails, pages, letters, gifts or phone calls?

Is your property being vandalized?

Are you being followed?

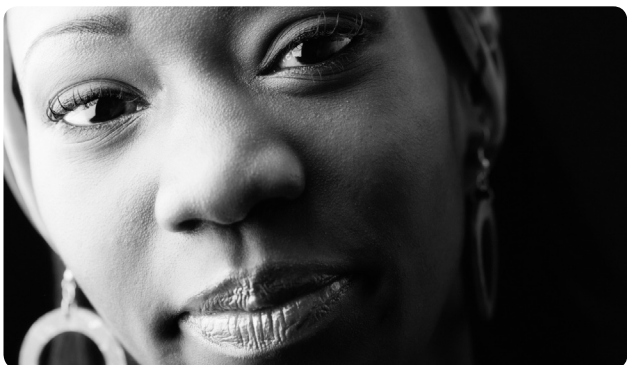
Is someone leaving notes on your car, at your home or at your workplace?

Is someone contacting your friends or family for information about you?

Is someone showing up at your home or job without being invited?

Is someone hurting you physically or sexually?

Stalking can include many other annoying, scary, or harmful acts. Stalking is NOT your fault. Your life has changed and you MUST take safety precautions. We can help!



Get help. Tell someone you trust, call a friend for support, call the CRISIS LINE at 504-837-5400.

Get professional help.

Victim advocates and police officers are good places to start for information about stalking, and how to manage being stalked.

Call the police. Seek assistance from as many resources as possible—we encourage you to report all stalking incidents. If you think you are being followed, go to the nearest police station or a busy place (such as a shopping mall or grocery store).

Other tips.

Leave a radio, TV, and light on even when no one is home.

Keep doors and windows locked even when you are home.

Only open the door for people you know and trust.

Be aware of where the stalker might hide in your yard, near your job or school.

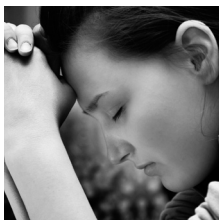
Vary your schedule and the routes you take.

Keep your telephone number unlisted and remove your name from reverse telephone directories.

Remove your name from the tenant list if you live in an apartment building.

Tell your supervisors, teachers, security guards, and trusted neighbors about your situation.

Tear up or shred mail before throwing it away.



Sexual Abuse

Sexual Abuse is a crime.

Anyone who touches you or harms you in a sexual way without your permission has committed a crime.

Sexual Assault behaviors

Rape, incest, unwanted touching, indecent exposure, fondling, child sexual abuse, forced sex, being forced into prostitution, being forced to watch or participate in pornography, being forced to do anything sexual that you don't want to do.

Sometimes people are confused about whether they have been sexually assaulted because they don't have bruises or injuries.

Sometimes the abuser/rapist doesn't use physical force or a weapon, but still manages to overpower or manipulate the victim.

People who are molested as children might be very confused about what happened to them. Likewise, people who were using alcohol or drugs at the time of the assault might wonder what happened and if it was really rape.

If you have questions about your situation, please call us for more information.

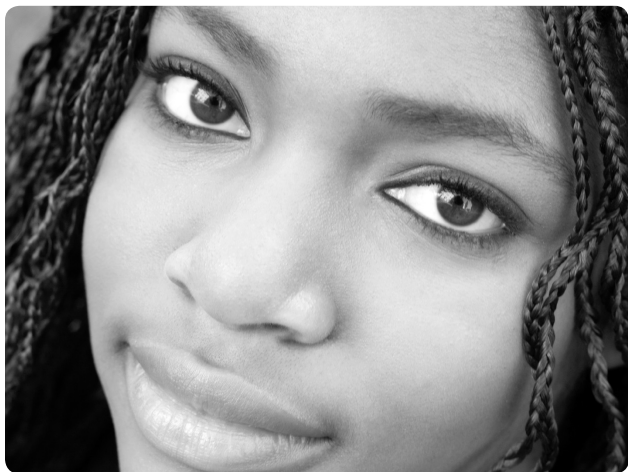
FOR A LIST OF SERVICES VISIT OUR WEBSITE
metro battered women.com

Get help. Tell someone you trust, call a friend for support, call the CRISIS LINE.

Consider talking to a METRO staff member about individual or group counseling.

Get medical help. For injuries, sexually transmitted diseases, pregnancy and/or for evidence. Specially-trained sexual assault nurses are available at University Hospital. Call us for directions.

Call the police. If you are uncertain about reporting, we will discuss your options with you.



Contact us for all crisis, counseling, advocacy, referral and shelter inquiries.



Domestic Violence

Domestic Violence is a crime.

It is a pattern of behavior that the abuser uses to establish or maintain power and control over the survivor.

Domestic Violence behaviors

Physical abuse like hitting, kicking, hair pulling, shoving, biting, pinching, slapping.

Sexual abuse like forced sex, painful sex, not taking “no” for an answer, forcing you to do sexual things you don’t want to do.

Emotional abuse like name calling, screaming and yelling at you, saying mean things to you, putting you down, making fun of you, ignoring you, treating you like a child.

Economic abuse like hiding money and resources from you, giving you an “allowance”, making you account for every penny, failing to help with household expenses, spending the family’s money in irresponsible ways.

There are many more types of abusive behavior. If you aren’t sure if your partner is abusive, give us a call and we can talk about your situation confidentially.

METRO 24 HOUR CRISIS HOTLINE

504-837-5400

Get medical help. If you have been abused recently: get medical care as quickly as possible. If you don't have health insurance, University Hospital is a good option. It is located at 2120 Perdido St. in New Orleans. If you are bleeding, in pain, or your injuries are serious, go to the nearest emergency room or call 911 right away. If you have

been choked/strangled or if you were hit on the head, it is very important for you to go to the emergency room immediately, even if you aren't in pain.

Go to a safe place. Get to safety as quickly as possible. Consider these options: coming to our shelter, going to a friend or relative's house that the abuser doesn't know about, or calling 911.

If you just want to talk about your situation and get more information: call our CRISIS LINE.

If you are worried about a friend, co-worker, relative, or neighbor whom you think is being abused: call our CRISIS LINE to get ideas and information about how you can safely offer help.

STATEWIDE DOMESTIC VIOLENCE HOTLINE

1-888-411-1333



how you may feel...

Domestic violence, sexual assault and stalking are serious crimes. You may feel many different emotions afterward.

- Feeling scared or anxious
- Feeling powerless or helpless
- Feeling depressed
- Feeling angry or irritable
- Crying
- Feeling ashamed or dirty
- Feeling impatient or disorganized
- Suicidal thoughts or attempts
- Fatigue or low energy
- Jumpiness, shakes, panic attacks
- Having bad dreams or nightmares
- Easily startled
- Difficulty sleeping
- Having to limit social outings
- Persistent nausea
- Eating too much or too little
- Increased substance abuse
- Having to change home, workplace, school, or career
- Wondering if you could've prevented the abuse/attack

These are common reactions. We can help you deal with any reaction you may experience. Call our CRISIS LINE, we can help you help yourself.

24 HOUR CRISIS HOTLINE

504-837-5400



APPOINTMENTS
AVAILABLE

Covington, Gretna,
LaPlace, Luling,
Jefferson and
New Orleans.