

Starting Point Services

Starting Point provides services to victims/survivors of sexual violence, domestic violence and stalking 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. Services include

- **Support** Advocates listen, provide emotional support and discuss options through our 24 hour support line at 800-336-3795. In addition, an advocate is available in our offices 9:00am–4:00pm Monday–Friday, no appointment needed. Advocates can also meet survivors at the hospital, police department, child advocacy center or court.
- **Court Advocacy** Advocates provide assistance in obtaining protective orders and other court appearances.
- **Hospital Advocacy** In-person support to victims at area hospitals and doctor's offices.
- **Emergency Shelter** We offer a safe, comfortable, caring environment where trained advocates offer support, information and referrals to women and children while they stay in our home.
- **Support Groups** A supportive forum to listen or talk with others dealing with abuse past or present.
- **Child Advocacy Center Accompaniment** Advocates provide support to families when a child has been the victim of a sexual crime.

Client services are free and confidential.

Important Phone Numbers Emergency Services

Police	911
Starting Point	800-336-3795
NH Department of Health & Human Services	447-3841 or 800-552-4628
Child abuse reporting in NH	800-894-5533

Legal Assistance Services

Northern Carroll County Court	356-7710
Southern Carroll County Court	539-4561
Carroll County Superior Court	539-2201
NH Bar Lawyer Referral.....	229-0002
NH Legal Assistance	800-548-1886
Legal Advice and Referral (LARC) ..	800-639-5290

Health Services

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



www.startingpointnh.org



What is at the center
of your relationship?

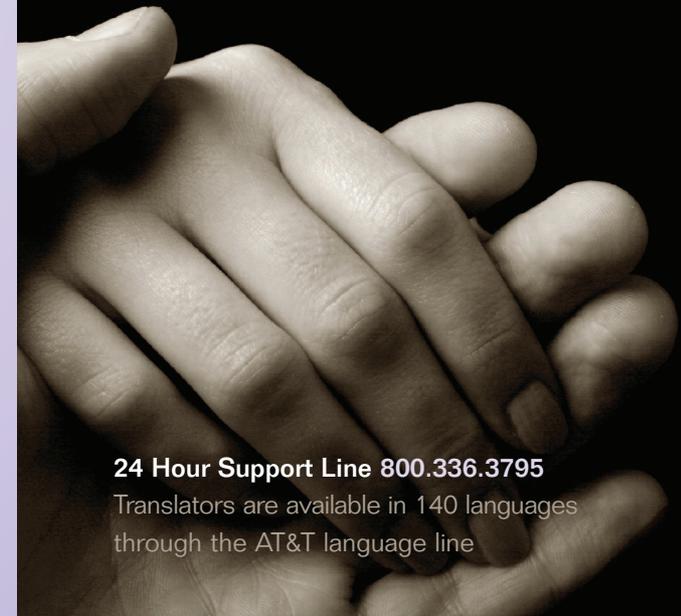
Conway Office

603.356.7993
170 Kearsarge Street
North Conway, NH 03860

Ossipee Office

603.539.5506
Mountainside Business Center
Route 28, Ossipee, NH 03864

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24 Hour Support Line 800.336.3795

Translators are available in 140 languages
through the AT&T language line

Is your relationship centered around power and control?

- 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?
- Does your partner shift responsibility to you for all the bad things that happen?
- Does your partner destroy things that you care about?
- Are you pressured or forced to have sex?
- Do you keep trying to please your partner in the hope that he/she will change?
- Does your partner threaten to kill you, himself or the children if you 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 and force you to account in detail for what you spend?

If you answered YES to any of these questions you may want to look more closely at your relationship.

Domestic violence is a crime. NH RSA 173B makes physical and sexual abuse illegal in the State of New Hampshire. Emotional, verbal or economic abuses are not usually illegal, but they can be as harmful to a person's self esteem as physical abuse.

How to know if it's abuse?

Unhealthy and abusive relationships are centered on the behavior one partner (the batterer) uses to establish power and control over the other partner. It is important to remember **abusive behavior is a choice made by the batterer and the abuse is not the victim's fault.** There are different kinds of abuse:

- **Physical abuse** Slapping, hitting, kicking, spitting, burning, driving in a scary and reckless way, punching walls, breaking things, pulling hair, and use of weapons.
- **Emotional abuse** Put downs, disrespecting your feelings and opinions, jealousy, passiveness, mind games, stalking, crazy-making.
- **Sexual abuse** Rape, unwanted touching, sexual comments, pressuring you for sex, refusing to talk about or use contraception.
- **Verbal abuse** Yelling, shouting, name calling, swearing, talking over you, the silent treatment, constant interrupting, humiliating you in public or private.
- **Economic abuse** Interfering with your work, withholding money, not letting you keep money you've earned, maintaining all financial paperwork in his/her name only.

Domestic violence may include all, some or only one form of abuse.

Very often one or more violent incidents are accompanied by an array of other types of abuse. They may be harder to identify, but they firmly establish a pattern of intimidation and control in the relationship.

What you can do?

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

- **Contact Starting Point** Starting Point can provide information about resources and services in Carroll County and the surrounding areas. To get help call 800-336-3795.
- **Attend a Domestic Violence Support Group.** Call us for information on locations and meeting times in Carroll County.
- **Talk to a trusted family member or friend.** Let him/her know what is going on.

TAKE LEGAL ACTION If you are being abused you have the right to file for a protective order. A protective order will order your batterer not to contact you. Protective orders can also give you temporary custody of your children and use of household property.

- To obtain a protective order you must file a Petition for Restraining Order for Protection against Domestic Violence with the court.
- If you are in immediate danger of domestic abuse and no court is open, you may get an emergency protective order by contacting the nearest police department.

DEVELOP A SAFETY PLAN Decide what you will do if an emergency occurs. Although you do not have control over you partner's violence, you do have a choice about how to respond to him/her and how best to get you children and yourself to safety.

SEEK SHELTER If it is not possible or safe for you to stay with a friend or family member, Starting Point has an emergency shelter for victims in Carroll County.

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