

**IF YOU ARE BEING ABUSED,
YOU MIGHT...**

- * Believe it's your fault.
- * Feel angry, sad, lonely, depressed, or confused.
- * Feel helpless to stop the abuse.
- * Feel threatened, humiliated, or ashamed.
- * Feel anxious, trapped, or lonely.
- * Worry about what might happen next.
- * Feel like you can't talk to family or friends.
- * Be afraid of getting hurt.
- * Feel protective of your partner.

***These are normal reactions
to being abused.***

You are not alone.

**IF SOMEONE YOU KNOW IS
BEING ABUSED, YOU CAN HELP**

- * Listen. Show support. Don't blame the victim for the crime. Tell your friend that you're worried about them. Ask how you can help.
- * Encourage your friend to seek help; give them information about victim service providers.
- * Instead of deciding what's best for your friend, help your friend make their own decisions.
- * Find someone you can talk to about your feelings about the situation.

CONTACT INFORMATION

Behavioral Health Programs

2800 S. Shepherd Road

Mt. Pleasant, MI 48858

Office (989) 775-4400

Fax (989) 775-4195

Domestic Violence Coordinator

Amanda Dolan

Domestic Violence Case Manager

Love Vavzincak

Domestic Violence Case Manager

Christa Gomez

Domestic Violence Counselor

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All contact with the Behavioral Health Programs of the Saginaw Chippewa Indian Tribe of Michigan is strictly confidential according to federal regulations, C.F.R. 42.

Adapted from the National Center for Victims of Crime

**Saginaw Chippewa
Indian Tribe of Michigan**



**Domestic
Violence**



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IS THIS DOMESTIC VIOLENCE?

If the person you're involved with acts controlling, aggressive, coercive, or violent, that's abuse. Relationships can be abusive even if there is no hitting: abuse can be verbal, emotional, physical, sexual, or spiritual.

**Every 12 seconds a woman is
beaten by her partner.**

Ask yourself: Does my partner...

- Call or text me frequently to find out where I am, who I'm with, or what I'm doing?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling, or bossy?
- Give me orders or make all the decisions?
- Take my paycheck against my wishes or control all the finances?
- Threaten to hurt me or someone in my family if I don't do what they want?
- Threaten to hurt themselves if I don't do what they want?
- Follow me or track where I go?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, kick, or hit me? Pull my hair? Strangle me?
- Does my partner hit me, does he/she act sweet and loving afterward? Say he/she's sorry? Cry? Buy presents?
- Touch or kiss me when I don't want to? Force me to have sex? Not let me use birth control?
- Use alcohol or drugs and pressure me to do it too?
- Destroy household or personal belongings or abuse pets?

If so, you are in an abusive relationship. We can help.

Anyone can be involved with an abuser. It can happen in straight or gay relationships. Both women and men are victims, but women and men abuse their partners in different ways. In some relationships the abuse only happens once in a while; in others it's every day.

**Approximately, one-third of women who are
murdered each year are killed by current or
former partners.**

RESOURCES AVAILABLE

Saginaw Chippewa Tribal Court
6954 East Broadway
Mt. Pleasant, MI 48858
(989) 775-4800

Saginaw Chippewa Tribal Police
6954 East Broadway
Mt. Pleasant, MI 48858
(989) 775-4700

Anishnaabeg Child & Family Services
7070 East Broadway
Mt. Pleasant, MI 48858
(989) 775-4901

Saginaw Chippewa Housing
2451 Nish Na Be Anong
Mt. Pleasant, MI 48858
(989) 775-4595

Nimkee Memorial Wellness Center
2591 Leaton Rd.
Mt. Pleasant, MI 48858
(989) 775-4600

Human Resources
7500 Soaring Eagle Blvd.
Mt. Pleasant, MI 48858
(989) 775-5600

**7th Generation Programs
Elijah Elk Cultural Center**
7957 East Remus Rd.
Mt. Pleasant, MI 48858
(989) 775-4780