



## What is domestic violence?

Domestic violence is a pattern of coercive behavior/tactics used by someone against a current or former intimate partner, dating partner, or spouse in an attempt to gain or maintain power and control over them.

Types of abuse can include physical, sexual, psychological, and economic abuse. These same behaviors can also be perpetrated against family members.

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## I feel unsafe.

### What are my options?

In addition to our 24-hour hotline, emergency shelter, and assistance in accessing legal system options, Wellspring advocates will work with you to help you process your experience and create individualized plans to improve your safety.

All of our services are available to people of any age, ability, race, color, creed, national origin, marital status, religion, sexual orientation, and gender identity or expression. We welcome all people who feel unsafe to contact us.

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## My financial situation makes me reluctant to get help.

All of Wellspring's services are free. Wellspring can also help you access resources in the community that can alleviate financial concerns.



## How can Wellspring help?

Wellspring provides comprehensive, supportive services to all victims of domestic violence.

We are available 24-hours a day, 7-days a week via our hotline.

**518-584-8188**

**24-hour Hotline:** Operating 24 hours a day, 7 days a week, 365 days a year.

**Shelter:** Providing a comfortable home for adults and their children with immediate safety concerns.

**Crisis Intervention, Counseling, & Information** about the dynamics of domestic violence and the options available to address someone's specific needs.

**Legal Advocacy:** Linkage to, and assistance with, navigating the criminal and civil legal systems.

**Case Management:** Providing linkage, information, support, and accompaniment to community services and identifying resources for individual needs.

**Housing Assistance:** Available to individuals and families who are homeless due to domestic violence.

**Accompaniment to Sexual Assault Forensic Exams (SAFE):** Providing support, information, and accompaniment during a forensic exam.

**Office of Victim Services (OVS):** Assistance with applying for financial relief available to victims of crime for non-reimbursed crime-related expenses.

## I don't have access to transportation. Where can I get help?

Lack of transportation should never be a barrier to accessing our services. It is possible that we can assist you with transportation. We can also meet you at a safe location in your community.

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## I want to talk to someone, but I have my kids with me most of the time.

Wellspring staff is available to provide childcare for clients receiving services in our office.

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## I have chosen to go into shelter. What about my pets?

Through Wellspring's Safe Pet Partnership, we are able to assist our clients in getting their pets fostered while they are in transition.

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## It's not me; I think someone I know is being abused.

Wellspring provides free, confidential counseling and education not only to victims of domestic violence, but to anyone affected by the abuse.