

## Domestic and Interpersonal Violence

For those of you who have experienced domestic violence or other forms of interpersonal violence: You may have been through or be going through a frightening and disorienting time. You may feel trapped, or wonder if in any way your own behavior caused this to happen to you. You may want to take action against the person who hurt you (but are rightfully fearful of that person's retaliation). You may want someone with whom you can safely speak about what happened and discuss what your options are.

It is important to emphasize that there are always alternatives to interpersonal violence or abuse. When a person is hit, punched, kicked, or insulted, it is **never** their own fault, although the perpetrator may try to convince them that it is. This is just one more cruel and abusive step. Although it may not be safe to talk to the abuser, you can begin to tell yourself the truth: "I am not being treated like this because of what I do, but because of who the abuser is."

Counseling Services is a safe, free, and confidential place to talk. You are welcome here. If our receptionist says there is a waiting list, let him or her know that, due to the nature of your issue (you don't have to explain it), you'd like an immediate appointment.

Here are some resources that may be helpful to you:

Legal Help and Possible Housing Alternatives: [Safe Horizons](#)- 1-800-621-4673 or [Click here](#).

There are two ways to get an Order of Protection that limits the ability of the person to contact you or come near you. It may be easier to get an Order of Protection from Family Court than from Criminal Court. The criminal court procedure requires that you first go to the appropriate police precinct and report what happened as a crime. You can then follow up by going to Criminal Court. [Safe Horizons](#) can guide you through these procedures, but here is some additional information.

Family Court Procedure for someone who is in your family or with whom you are in an intimate relationship, [click here](#). Once you are on this website, look under the paragraph heading called "What is the difference between a Family court, criminal court, and Supreme court order of protection," and click on the **gray words** that say Family Court Website. This will provide you with complete information on how to seek a family court Order of Protection.

If you want to report what happened as a crime, [click here](#). Select the precinct where the crime occurred. Once the crime is reported to the police, the person can go to criminal court to get an order of protection. (It may be easier to cut and paste this into your browser than to click on it directly).

Prepared by

**COUNSELING SERVICES**

**FRESE HALL, FIRST FLOOR**

**718-997-5420**

**Hours: Monday, Thursday, Friday, 9am to 5pm**

**Tuesday, Wednesday, 9am to 7pm**

**Saturday 10am to 3pm** This office is not open in the evening or on

**Saturday during winter and summer sessions.**

**The office is closed on Fridays during the summer.**