

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

July 2017



How to End Your Victim Mindset

An important step to healing your psyche after escaping domestic violence

The physical wounds of domestic violence often heal well before the emotional ones are even fully understood. Even after months, years or decades, a survivor may continue to see herself as a victim.



In the late 1960s and '70s, psychologists tried to come up with an explanation for why survivors of domestic violence continued to suffer a victim mindset long after the abuse ended. They coined a number of terms over the years, including battered woman syndrome, learned helplessness and learned dependency. They all essentially

describe the same thing: the idea that after someone has been forced to endure unpleasant encounters, she becomes unwilling or unable to avoid such encounters in the future because she believes she cannot control them. [Learn More](#)



Domestic Violence Homicides in North Carolina - 2017

January 1 -July 17, 2017 (39 Homicides)

[When Your Family Member is Abusing Their Partner](#)



By Anitra, youth organizer at *The Hotline* and *loveisrespect*

At The Hotline, we talk a lot about [how to support someone you care about](#) if they are being abused. But what if the person you care about is the one who is being abusive toward their partner? What if they're a member of your own family?

This can be an incredibly difficult situation to deal with. You might love your family member, but you know that what they're doing is harmful. You may not want to admit that it's happening, or you may just feel like cutting them out of your life. These are all normal reactions. Relationships with family members can be complicated, and if someone is behaving abusively, that makes things even more complicated.

It's important to remember that you have the power to be an active bystander. Ultimately, your family member is the only person who can choose to stop the abuse, but there are a few things you can do to encourage them to behave in healthier ways.

[READ MORE](#)

Abuse Cannot Be Blamed on Mental Illness

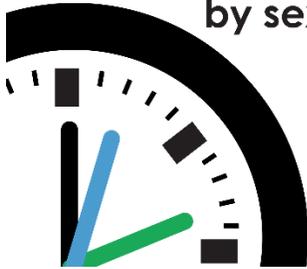
Research shows abusers are no more likely to be mentally ill than others



Abusers love excuses. They only yelled at you because they were drunk. They only hit you because they were hit as children. They're only abusive because they're depressed. It's not their fault.

Survivors told DomesticShelters in [a recent survey](#) that the number one barrier that often prevents them from leaving their abuser is threats or excuses. Spoiler alert: Those excuses are lies. Domestic violence is [not caused by alcohol](#) or drugs, plenty of adults who grew up witnessing domestic abuse as children didn't turn into batterers and, according to [a study](#) by Andrew Klein, Ph.D., for the Battered Women's Justice Project, abusive partners are no more likely to be mentally ill than the general population. [Continue](#)

Every day, hundreds of Americans are affected by sexual violence.



Every 98 seconds, another person experiences sexual assault.

Sexual violence affects hundreds of thousands of Americans each year. While we're making progress — the

number of assaults has fallen by more than half since 1993 — even today, only 6 out of every 1,000 rapists will end up in prison.

[MORE STATISTICS](#)

Abusive Red Flags Everyone Should Know



One in four women will experience domestic violence at some point in their lifetime. *Every day*, three women in this country are killed by their husbands or boyfriends.

Avoid becoming a statistic by recognizing the warning signs of an abusive partner before you become entangled with them.

The following are some indicators of potentially abusive relationships. It should be noted, however, that just because a person may match one or more of these characteristics does not define them as an abuser. These red flags are just that—warning signs that are worth paying attention to. You should question entering into a relationship with a partner who matches these warning signs.

[Find Out More](#)



About 50% of sexual assaults take place in the victim's own home. (REAL crisis 2010)

UPCOMING EVENT!!

Hyde COUNTY HOTLINE'S 7TH ANNUAL EVENT: A GIDDY-UP GALA

Date: November 18th, 2017

Location: Davis Center, Engelhard, NC

Time: Round-Up/Silent Auction: 6 pm

Chow Time: 7 pm

Tickets: Individual: \$55

Couple: \$100

Young'uns 0-12 \$30

Cowboy Table: \$800

Sponsorship Levels: \$500 \$700 \$1000

Cowboy Boots, Cowboy Hats Optional



SUPPER SILENT AUCTION

Live Auction

Music by DJ JM

Mechanical Bull

Fun for the young'uns and so much more

Make Checks Payable to Hyde County Hotline:

PO Box 335, Engelhard, NC 27824

Call 252-925-2502 for more info



Hope to See Ya'll There!

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

HYDE COUNTY HOTLINE
24 HOUR CRISIS LINE
252-925-2500

OFFICE HOURS
M-F 8:30-4:30
252-925-2502



We love volunteers!
Please help and call Hyde County Hotline at 252-925-2502.



Nothing Compares



Thank you to the family Violence
Prevention Services Program
US DHHS, and NC Council for Women
for financial support.

Visit us: hydecountry-hotline.org / Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)