

HYDE COUNTY HOTLINE, INC.

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

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June 2019 Newsletter

Why Am I Struggling to Move On After Abuse?

[loveisrespect](#)

Leaving an abusive relationship can be one of the hardest things a person does. But even after your ex is out of your life, sometimes the emotional and mental effects from experiencing abuse can linger on. You may experience feelings of depression, guilt, anger, loss and even symptoms of posttraumatic stress disorder:

- Anxiety
- Trouble sleeping
- Being easily frightened or scared
- Avoiding of stressful triggers that remind you of abuse
- Difficulty maintaining relationships
- Feeling emotionally numb

There is no one way to feel or heal after you leave an abusive relationship.

It may be hard to stop thinking about your old relationship. You may still think about the little comments that your ex said to break you down, make you feel worthless or to make you think that you didn't deserve better. (Your ex was wrong by the way). You may even think about the nice things that they said and the good times that you had with them.

Being in an abusive relationship, or leaving and getting back together more than once (which is very common) can hurt your self-esteem and make you doubt yourself. If you're feeling bad, you may even question your decision to leave in the first place. The important thing to remember is that you did leave and that took a lot of strength. Now it is time to channel your courage into healing and getting back to being a happy and healthy you.

The first step toward recovering from any type of traumatic experience is re-establishing your sense of safety. This means feeling confident that your ex won't harm you anymore (whether that's by cutting off contact, getting a protective order or even moving) and beginning to find stability in everyday life. Stability looks different for different people. Sometimes it's just getting back into your school routine again. If you're older, it can mean finding a steady job and feeling financially secure.

Second, give yourself some time to grieve. It's normal to feel sad or angry for a while. It's important to let yourself experience those feelings and to let them out, rather than bottling them up. There are lots of healthy ways you can do this — journaling, writing poetry or songs, creating art, exercising or dancing. In addition to being expressive, all of these activities can slowly help to restore your sense of power over your own life. They can remind you of your strengths and the beautiful things you are capable of creating.

Finally, you reconnect with ordinary life. It can be difficult to remember what life was like before an abusive relationship. You may feel emotionally closed off, and it can be hard to trust people again. Your ex-partner may have even physically isolated you from your friends and family, and you feel you have no one to turn to or that nobody could understand what you have been through.



How to Help Someone in an Abusive Relationship

One of the biggest barriers to escape is often a lack of outside support.

By [ANNIE DALY](#)

If you think a friend is in a dangerous relationship, domestic violence experts share how you can help her and perhaps save her life:

1. Let your friend know you're there for her. "The number one weapon abusers use is isolation," says Brian Namey of the National Network to End Domestic Violence (NNEDV). "They do not want their victims to feel supported." Fight back by saying, "I miss hanging out. How are you?" That way, she'll know she can open up to you when she's ready.

2. Be direct. Say, "I'm concerned that this person isn't treating you the way you deserve, and that's not OK. Here are some options to look into should you feel the need," and provide ideas.

3. Don't judge. "If you ask your friend, 'How can you be with someone like this?' or 'Why are you choosing to stay in this relationship?' it solidifies the false belief that she is the problem," Namey says.

4. Don't command her to leave him — it will only alienate her. Instead, says psychologist Veronique Valliere, emphasize your concern: "Say, 'I'm really afraid for you.'" And if you think she's in immediate danger? "Say, 'You need to leave for the night. Do you have a safe place to go?' Don't say, 'You need to leave forever'; that's too drastic. But little leave-takings will give her the practice she needs to eventually flee for good."

5. When she confides in you, don't demonize her abuser. She'll probably just feel compelled to defend him. Instead, keep reiterating, "You don't deserve this. No one does." Her abuser is giving her a million reasons why he hits her — remind her that there's never a good reason to be beaten.

6. Offer small, concrete steps to keep her safe. Encourage her to keep an emergency stash (clothes, house and car keys, copies of important documents, some cash, a list of emergency contact numbers) in a safe place away from her home, like at your house or at work.

7. Be part of her safety plan. Get to know the situations in which she's most likely to get hurt — say, Friday nights after he's been out drinking — and check in on her then. Develop a code word she can use as a distress signal, like "my friend Lisa," suggests Valliere: "You can call and say, 'Heard from Lisa lately?'" Have a plan for what will happen next, says Valliere, "whether it's calling the police or sending her dad over — whatever will ease the situation."

8. Be patient with her. "Each time she leaves him, it makes her a little stronger," says Sue Else, president of NNEDV. "She's moving forward at her own pace, even though it may not be at your pace."

Where to Turn if You or a Loved One Are Being Victimized

If You Need Help Immediately: Call 911 if abuse is happening or imminent. Otherwise Hyde County Hotline has a 24-hour crisis line for immediate support. 252-925-2500

Hyde County Hotline

Crisis Intervention, Advocacy and Prevention

Confidential Emergency Shelter

24 Hour Crisis Line 252-925-2500

PO Box 335

Engelhard, NC 27824

Tel: (252-)925-2502

Fax: (252)925-2501

WHAT WE DO

- Crisis Intervention
- Domestic and Sexual Violence Advocacy
 - Human Trafficking Advocacy
 - Survivor Services
 - Safe Shelter
 - Support Groups
 - Referrals
 - Programs and Presentations
- Participates with DSS Work First Program

We serve victims of sexual victimization, domestic violence and human trafficking and we do not discriminate regardless of race, color, sex or sexual orientation.



PTSD and Human Trafficking

According to Holly Austin Gibbs, a survivor of child sex trafficking and current advocate for survivors of human trafficking, [Post-Traumatic Stress Disorder \(PTSD\)](#) occurs when there is an injury to the nervous system. This injury is caused by [trauma](#), or “anything that overwhelms the brain’s ability to cope.” Trauma results from overwhelming experiences, such as psychological abuse or violence, in which individuals are involuntarily unable to respond in a natural “fight or flight” manner. When this response is blocked, individuals experiencing PTSD will demonstrate a variety of coping behaviors that include: irritability, aggression, emotional numbness, insomnia, guilt, or disassociation.

PTSD is both a cause and a result of human trafficking.

Individuals already suffering from PTSD (often resulting from [Adverse Childhood Experiences](#)) are more vulnerable to being trafficked. And the experience of being trafficked leaves the victims and survivors with continuous and even life-long side effects of trauma (PTSD).

“Some - but not all - advocates, researchers, and clinicians think PTSD should be classified as an injury, rather than a disorder, and renamed Post Traumatic Stress Injury, or PTSI.”

MARGARET HOWARD: LICENSED
MASTER SOCIAL WORKER

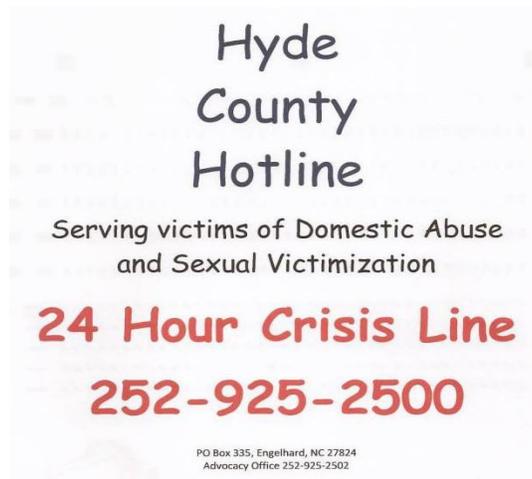
Trauma experienced before being trafficked is a common theme in the lives of many individuals who are trafficked. The traumatic experiences make those suffering with PTSD more vulnerable to being trafficked. [Other vulnerabilities that put individuals at a greater risk of being trafficked](#) include: abuse, neglect, disability, violence, family breakdown, homelessness, poverty, or a combination of many factors. Many of these vulnerabilities are linked to

traumatic events, which highlights the significant role trauma plays in the lives of human trafficking victims and survivors.

Read Full Article: <https://encstophumantrafficking.org/>

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization and Human Trafficking 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.



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**Thank you to the family Violence Prevention Services Program
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