

## What is domestic violence?

Domestic violence can happen between people in a family, intimate partners or other people who live in the same house. It includes hurting, threatening or putting someone down or making them afraid. It also includes trying to control them or make them do things. The abuse can get worse over time.



**DHS can help  
you be safe  
from abuse.**

## A message to the abuser!

- **Domestic violence is a crime.**
- **Abuse is a choice and you can choose to stop it.**
- **If you want to stop, we can give you the name of a batterer intervention program.**
- **If you don't stop, you could go to jail and risk losing everything.**

## If you are in danger, call 911!

To get the number for your local domestic violence shelter program, contact the **Portland Women's Crisis Line at 1-888-235-5333** or look under **Crisis Services** in your local phone book.

### Local resource information:

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Self Sufficiency Program at 503-945-5600, 711 for TTY, or email [TANF.publications@state.or.us](mailto:TANF.publications@state.or.us).



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## What do you need to be safe?



## DHS may be able to help you, through a special program for domestic violence survivors

Even if you are not eligible for our programs, if you are being abused DHS can:

- Let you know where you can get help to stay safe and heal from abuse.
- Connect you with help in the community.

## Who is eligible for help?

- DHS self-sufficiency programs usually work with families who have low incomes. **If you are in an abusive situation, we may not count all your income. Other rules may be waived as well.** So even if you think you might not be eligible, you should ask — we may be able to help you.
- For some programs, you must have a child or be pregnant. For other programs, such as the Oregon Health Plan and the Supplemental Nutrition Program (SNAP food benefits), adults without children may be eligible.

## If you are being abused and you are eligible

The DHS Temporary Assistance for Domestic Violence Survivors program (TA-DVS) can help by:

- Paying costs to help you and your child be safe. This could include:
  - Rent, utilities, and moving costs (including costs to move to a new town or out of state).
  - Help to buy locks or pay for a post office box.
  - Help to set up a household or replace personal items left behind when you fled the abuse.

If you qualify for other DHS programs, we may be able to help you:

- By offering you safer options to collect child support by:
  - Not trying to collect child support if it puts you or your children in danger.
  - Protecting personal information that is on legal child-support papers.
  - Letting you use an address other than your residence for child support mail.

- By not starting work activities until you and your children are safe.
- Working with you to develop a plan that helps you be safe.
- When you are ready, helping you find a job or build your work skills.

## DHS self-sufficiency services include:

- Help finding or keeping a job,
- Help getting child support,
- Help leaving a domestic violence situation,
- Help with child care if you're working,
- Referral to the Oregon Health Plan,
- Help with food benefits.

**No one  
deserves to  
be abused.**

