ALTERNATIVES TO DOMESTIC VIOLENCE

24-HOUR CRISIS HOTLINE 201-336-7575.
ALL CALLS WILL REMAIN CONFIDENTIAL.

James J. Tedesco III, Bergen County Executive and the Bergen County Board of Commissioners



Alternatives to Domestic Violence
Bergen County Department of Human Services

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a systematic pattern of abusive behavior used by one person in a relationship to gain and/or maintain power and control over another. This includes dating, partner, spouse, elder abuse, and abuse between present or former household members.

EMOTIONAL ABUSE

name-calling, derogatory nicknames, yelling, patronizing, "joking", making threats, gaslighting, lecturing, giving direct orders, walking out, jealousy, using guilt, unrealistic expectations, blaming, denying abuse, trivializing, dehumanizing you, keeping you from socializing, coming between you and your family, silent treatment, withholding affection, actively working to turn others against you, denying support, interrupting, blackmail

PHYSICAL ABUSE

pushing, shoving, slapping, scratching, biting, kicking, choking, strangling, throwing things, force feeding, denying food, using weapons, reckless driving

SEXUAL ABUSE

any non-consensual sexual act or behavior, including forced sex, unwanted touching, sexual degradation, and violence targeted at the genital area

ECONOMIC ABUSE

taking your pay, no access to bank accounts, limiting your working hours, checking receipts, insisting all assets are in their name, stealing money

DIGITAL ABUSE

insulting or threatening texts, tracking your whereabouts, stealing or demanding to know passwords, looking through your phone

PSYCHOLOGICAL ABUSE

embarrassing you in public or in front of family, friends, or coworkers; threatening to harm you, children, or pets; treating you badly because of your religion, race, past, disability, gender, sexuality, or family; ignoring you, pretending you aren't there; doing and saying things that make you feel confused, like moving or changing things and then denying they have done this; always correcting you with the aim of making you look or feel foolish

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ADV PROGRAM

We provide free and confidential services to all residents of Bergen County who are searching for education and support with regards to the health of their relationships. We center survivors and their visions for healthy and safe relationships at the heart of our service programs and invite clients to partner with our professionally trained staff in determining what assistance or supports are a best fit for you at this time. We do our best to offer an array of options and experiences that are specially designed to provide support to persons at different stages of their healing journeys.

ADV SERVICES

24-Hour Crisis Hotline: (201) 336-7575

Clinical Services: Crisis Intervention/Case Management, Counseling Services: Group and Individual

Legal Advocacy Services: Court Appearance Preparation, Court Accompaniment, Domestic Violence Legal Advocacy Project (DVLAP), Legal Consultation, Domestic Violence Crisis Response Teams

Community Outreach: Prevention through Education, Professional Training and Education

HOW TO CONTACT US

Website: www.co.bergen.nj.us/adv **Email:** adv@co.bergen.nj.us
Hours: Monday-Thursday (9am - 5pm), Friday (9am - 4:30pm)
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601

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