

# BREAKING THE SILENCE:

## *Confronting Domestic Violence In New York*

A message from:

**LESTER 鄭永佳**

**CHANG**

NYS ASSEMBLYMAN

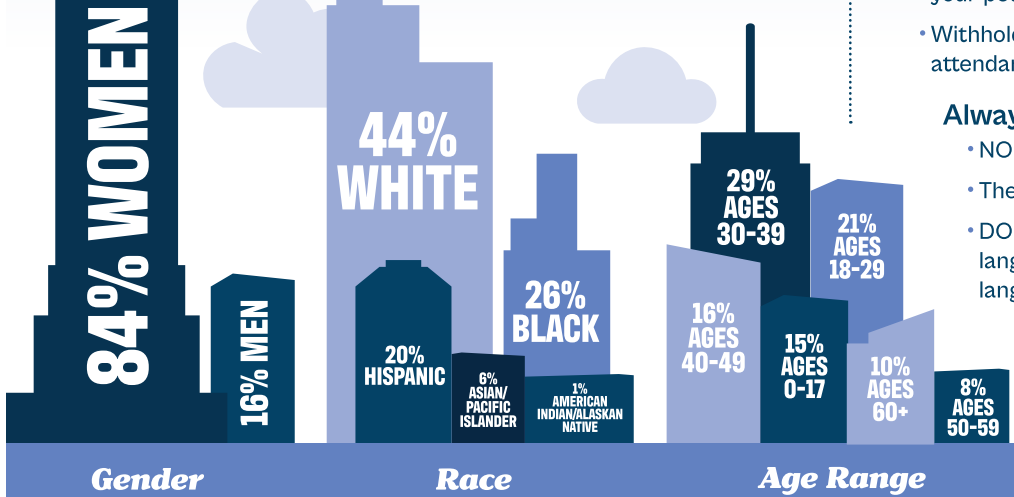


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**In a city of 7,931,147 people,** it is easy to feel alone, silenced, and trapped. But together we can break that trend and offer a beacon of hope to those in need. By fostering understanding and compassion, we can create a community where domestic violence survivors feel empowered to seek help and find the safety and healing they deserve.

Source: <https://opdv.ny.gov/system/files/documents/2024/01/nys-gender-based-violence-dashboard-2022.pdf>



### **Types of abuse:**

- Physical, Emotional, Sexual, Financial, Stalking

### **Recognizing some of the signs of domestic abuse:**

- Feeling scared of how your partner may behave.
- The use of intimidation or threats to gain compliance from you.
- Treating you roughly—grab, push, pinch, shove or hit you.
- Pressure you sexually for things you aren't ready for.
- Threatens to hurt you, the children, your family or your pets.
- Withholding access to money, and/or forbidding attendance at school or employment.

### **Always remember:**

- NO ONE deserves to be abused.
- The abuse is NOT your fault.
- DON'T worry if you do not speak the local language. We can get you help in many languages.

## **Domestic Abuse Resources:**

### **Seamen's Society for Children and Families**

1668 Pitkin Avenue, Brooklyn, NY 11212  
Phone: 718-447-7740  
Email: [info@seamenssociety.org](mailto:info@seamenssociety.org)  
[seamenssociety.org/program/domestic-violence/?gad\\_source=1](https://seamenssociety.org/program/domestic-violence/?gad_source=1)

### **Brooklyn, NY Domestic Violence Programs Directory**

[domesticshelters.org/help/ny/brooklyn](https://domesticshelters.org/help/ny/brooklyn)

### **Good Health Psychiatric Services**

26 Court St #808, Brooklyn, NY 11242  
Phone: (718) 522-3600

### **National Domestic Violence Hotline**

Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service  
800-799-7233



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