

IF YOU ANSWERED
YES
TO THESE QUESTIONS,
YOU'VE BEEN ABUSED

IF YOU ARE A
VICTIM OF CRIME,
NOVA
CAN HELP

It's not your fault;
you have the
right to be safe.



Network Of Victim Assistance

2370 York Road
Suite B1
Jamison, PA 18929

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Network Of Victim Assistance

*Reclaiming Dignity,
Building Strength*

1-800-675-6900

24-hour hotline

TTY: 215-343-6299

www.novabucks.org

Has anyone ever...

- Made you feel **unsafe**?
- **Did not help** with an important personal need such as using the bathroom, eating, or taking your medication?
- **Stopped you** from using a phone or other assistive device?
- **Stolen** anything from you, forged checks, or used your credit/debit information for their own purchases?
- **Threatened** to and/or physically hurt you?
- **Touched you** in a sexual way you did not want, or forced you to engage in sexual activities?

WHAT YOU CAN DO...

1. Trust your instincts
2. Call 911 to report a crime
3. Avoid individuals who do not respect your personal space.
4. If you have difficulty speaking have a friend record a message for emergencies.
5. Stay alert and aware of your surroundings.
6. Always let someone you trust know where you are going and when you are expected to return.

IF THE ABUSE IS GOING ON AT HOME:

7. Stay close to an exit. Always have the telephone with you to call for help.
8. Develop a signal with a trusted friend or neighbor that says you are in trouble. (A towel on the doorknob, call them and hang up after 1 ring, etc.)

Resources for Help:

- NOVA
1-800-675-6900
24-hour hotline
TTY: 215-343-6299
- A Woman's Place
1-800-220-8116
24-hour hotline
- Freedom Valley Disability Center
610-353-6640
- Legal Aid
1-877-429-5994

**In an emergency,
call 911 for help!**