

## Mount Sinai Beth Israel Victim Services

Mount Sinai Beth Israel wants to ensure that you receive the best possible care. Our program is staffed by highly qualified professionals who care about your needs.

**To find out more about our services, please call 212-420-4516. All calls are confidential.**



## How Can I Get Help?

Admitting that you are experiencing abuse or interpersonal violence is the first step towards securing safety for you and your loved ones.

Remember, you are not at fault and you are not alone. In the event of an emergency, go to the closest emergency room or hospital.

### Important Phone Numbers

- ▶ Emergency **911**
- ▶ Mount Sinai Beth Israel Emergency Department  
**212-420-2840**
- ▶ Mount Sinai Beth Israel Victim Services  
**212-420-4516**
- ▶ New York City 24 hour Domestic Violence Support and Shelter Hotline **800-621-HOPE**
- ▶ SOVRI Helpline for Orthodox Jewish Survivors of Violence **888-613-1613**
- ▶ New York City Anti Violence Project **212-714-1141**
- ▶ VINE Program (Victim Notification Services)  
**888-VINE 4 NY (888-846-3469)**
- ▶ Manhattan Family Justice Center  
**212-602-2801**



**Mount  
Sinai  
Beth Israel**

**Mount Sinai Beth Israel**  
First Avenue at 16th Street

## Mount Sinai Beth Israel Victim Services



“NO ONE HAS THE RIGHT”



## This Affects All of Us...

Sexual and intimate partner violence affects people of all socioeconomic, racial, ethnic, religious and educational backgrounds, notwithstanding gender identity and sexual orientation.

## Who We Are...

Mount Sinai Beth Israel Victim Services recognizes that sexual and intimate partner violence are often hidden problems. Many survivors remain silent, due to shame, little knowledge of available resources and fear of repercussions.

Our program serves survivors and the communities they belong to, promoting empowerment, healing, and the prevention of violence. If you were recently assaulted, you can access caring support at the Mount Sinai Beth Israel Emergency Department. A social worker or a trained volunteer advocate is available, 24/7, to meet with you and provide support, supply information and perform advocacy.

You can contact our program at any time to learn more about our services.

### Services We Provide:

- ▶ Individual counseling
- ▶ Crisis intervention
- ▶ Criminal justice and legal advocacy
- ▶ Resources and referrals
- ▶ Financial assistance

## What is Sexual Violence?

Sexual Violence is any unwanted or coerced sexual activity. This includes any activity that occurs while a survivor is incapacitated or incapable of giving explicit consent.

### What You Can Do if You or Someone You Know is Sexually Assaulted...

- ▶ Know that this is not your fault. You have not done anything wrong- the person who harmed you is responsible.
- ▶ Go to the closest emergency room or a hospital near you to access
  - Medical care and preventative medications (STI's, HIV, Plan B...)
  - A sexual assault forensic exam
  - Support and advocacy
- ▶ You have the right to seek medical care with or without making a police report.
- ▶ *Take Care of Yourself.* You have the right to do whatever makes you feel safe and in control. There is no right or wrong way to respond to experiencing violence or trauma.



## What is Intimate Partner Violence?

Intimate partner violence (IPV) is a pattern of controlling behavior which can involve physical, sexual, emotional, economic and psychological abuse. It is a term used to describe a relationship in which one partner tries to control the other through force and an exertion of power. Intimate partner violence often escalates over time.

### What are Some Common Signs?

- ▶ Jealousy and controlling behavior
- ▶ Isolation from friends and family
- ▶ Blames others for problems and mistakes, particularly their romantic partner
- ▶ Verbal abuse
- ▶ Financial control
- ▶ Physical violence or the threat of it

### Make a Plan...

If these signs sound familiar, it is important to think about your safety.

- ▶ Have a safe place to escape such as the home of a friend, relative or neighbor, or a hospital
- ▶ Always have a bag packed in a safe place with clothes, money and important papers
- ▶ Be aware of resources. Keep phone numbers accessible in case of an emergency
- ▶ Remember that intimate partner violence is a crime. You have the right to seek an Order of Protection and legal advocacy
- ▶ You do not deserve to be treated this way by someone that you love