

You could save a life.

Learn to recognize the signs of intimate partner and domestic violence.

Someone you know or love may need your help.

An average of 24 people **every minute** experience stalking, physical violence or sexual assault by an intimate partner, according to the National Domestic Violence Hotline.

5 Warning Signs of domestic violence

Isolation from Family and Friends

Controlling who you spend time with, not allowing you to talk or text certain people or not letting you spend time alone.

Threats of Harm or Intimidation

Using fear to control you, making threats of violence (against you, loved ones or pets), or threatening to harm themselves if you don't behave how they want you to.

Controlling Finances or Life Decisions

Limiting your access to money, taking your earnings or making financial decisions without your input or knowledge, controlling what you wear, where you go or other major decisions about your life.

DemEANING Behavior & Verbal Abuse

Constantly criticizing or belittling you, calling you names or making you feel worthless and undeserving of love or respect.

Monitoring or Stalking Behavior

Keeping track of your movements, reading your private messages, following you to see where you go or who you're with.

Know Your Resources

Available in Washington County

Domestic Violence Resource Center

735 SW 158th Ave. St. 100, Beaverton, OR 97006

503-640-5352 | Mon. - Thurs. 10AM - 7PM

24-hour Crisis Line: 503-469-8620

- Advocacy, Counseling, Emergency Shelter
- Transitional & Permanent Housing Services
- Safety Planning & Confidential Services

Family Justice Center

735 SW 158th Ave. St. 100, Beaverton, OR 97006

503-430-8300 | Walk-In Mon.- Fri. 8:30AM - 4PM

24-hour Crisis Line: 503-430-8300

- Food Pantry, Kitchen and Showers
- Assistance filing Protection, Restraining Orders
- Legal clinics on different subjects

Sexual Assault Resource Center (SARC)

4900 SW Griffith Dr. St. 135, Beaverton, OR 97005

24-hour Support Line: 503-640-5311

- Safety Planning, Case Management & Advocacy
- Counseling Services, Mental Health & Healing
- Prevention, Education & Outreach

More: www.tigard-or.gov/DVResources

Need police help?



9-1-1
Emergency



503-629-0111
Non-Emergency

