

- Trust your instincts. If you think you are in immediate danger, you probably are. Use planned escape routes to leave and get help if you feel threatened.
- Refer to the agencies and services below and contact those that may be helpful to you. Call SAHELI at 512-703-8745 for assistance with safety planning and for more resources. However, if you are in immediate danger, call 911.

**BATTERERS CHOOSE TO BE ABUSIVE.
NO ONE DESERVES TO BE ABUSED.**

RESOURCES

Statewide Resources

SAHELI Help Line

Services for Asian /Asian American Families
512-703-8745 • www.saheli-austin.org
(This is a voice mail system. *Leave a message in any Asian language and we will call you back*).

National Domestic Violence Hotline

1-800-799-7233 • www.ndvh.org

Women's Advocacy Project

Free assistance with legal matters involving family law, domestic violence, or sexual assault
Family Violence Legal Line: 1-800-374-4673
Family Law Hotline: 1-800-777-3247
www.women-law.org

Office of the Attorney General

Establishment and enforcement of child support orders
1-800-252-8014 • www.oag.state.tx.us

Child and Adult Abuse Hotline

1-800-252-5400 • www.txabusehotline.org

Texas Health and Human Services Commission

Public Assistance for low income families
1-888-834-5789 • www.hhsc.state.tx.us

Austin and Travis County Area Resources

SAFEPLACE Hotline

Domestic Violence and Sexual Assault Survival Center
512-267-7233 • www.austin-safeplace.org

Williamson County Crisis Center

Shelter for women and children
1-800-460-7233 • www.wccc.info

Political Asylum Project of Austin

Free immigration assistance for battered women and children
512-478-0546 • www.main.org/papa

Caritas of Austin

Services for immigrant and refugees
512-472-4135 • www.caritasofaustin.org

Travis County Attorney's Office

Applications for Protective Orders
512-854-9415 • www.co.travis.tx.us/county_attorney

Texas Rio Grande Legal Aid

Free legal services for low income applicants
512-447-7707 • www.trla.org

University of Texas at Austin's Counseling and Mental Health Center

Assistance for UT students
512-471-2255 • www.utexas.edu/student/cmhc

Waterloo Counseling Center

Services for GLBT members and families
512-444-9922 • www.waterloocounseling.org

**ONE OUT OF EVERY TWO
ASIAN WOMEN EXPERIENCES
ABUSE DURING HER LIFETIME.**

You are not alone.
You can live without violence.
We can help.
www.saheli-austin.org



YOU CAN HELP! MAKE A DIFFERENCE!

VOLUNTEER

Become an advocate, educate the community, help with fundraising or assist in general office duties.

DONATE— AT WWW.SAHELI-AUSTIN.ORG

Your support helps us provide critical free services to countless families. Please visit our website or call 512-703-8745 to give the gift of hope.

For more information on how you can make a difference, email: communityeducator@saheli-austin.org



P.O. BOX 3665
Austin, TX 78764
Fax: 512-385-0662
Help Line: 512-703-8745
E-mail: saheli@saheli-austin.org

SAHELI

FOR ASIAN FAMILIES



SUPPORT
ADVOCATE
HEAL
EMPOWER
LISTEN
INFORM

ENVISIONING A SOCIETY BUILT ON THE
STRENGTH OF HEALTHY RELATIONSHIPS

www.saheli-austin.org



Despite higher rates of domestic violence and sexual assault in Asian communities, Asian victims are less likely to report the abuse.

Reasons include:

- Language barriers
- Lack of knowledge about existing legal protections, immigration laws and service agencies
- Threats to immigration status
- Lack of support from family, friends and community
- Cultural practices and/or beliefs not understood by mainstream service agencies

DOES YOUR PARTNER EVER?

- Hit, kick, shove, or injure you?
- Force or coerce you to engage in unwanted sexual acts?
- Threaten to hurt you or others, have you deported, or reveal personal information?
- Control what you do and what you see in a way that interferes with your work, education, or other personal activities?
- Constantly criticize you, call you names or put you down?
- Make you feel afraid?
- Deny your basic needs such as food, housing, clothing, or medical and physical assistance?
- Keep the money you earn?

If you answered “yes” to any of the above, it may be time to think about your safety.

WE CAN HELP

Survivor Assistance and Empowerment

Confidential Help Line

SAHEL I’s confidential help line is a voice mail system where you can leave a message if you need to talk to someone. Trained advocates, who speak a number of Asian languages, will retrieve your message and return calls promptly, providing culture-sensitive peer counseling, resources, and emotional support.

Short and Long Term Resources

Our advocates can help you get access to the resources you need, such as emergency shelter, housing, household items, transportation, translation/interpretation services, child care, jobs, education, financial or medical assistance, and other resources. SAHEL I can help you with your needs throughout your journey towards a life free from violence.

Group and Individual Counseling

SAHEL I provides culturally sensitive counseling sessions for you and your family members affected by domestic violence or sexual assault.

Legal Needs

SAHEL I has advocates trained to provide you with access to legal resources on issues of domestic violence, family law, or immigration. We will go with you to court, attorneys’ offices, and other legal agencies.

Support Groups and Workshops for Survivors

SAHEL I offers life skills workshops and support groups for personal growth and independent living. Past workshop topics have addressed self-esteem, assertiveness, effective communication skills, conflict resolution, stress reduction, and safety and emergency planning. We also offer workshops on resume-writing, job interviewing techniques, job searching resources, and computer skills.

Community Education and Outreach

Community Presentations / Seminars / Workshops

Staff and/or volunteers are available to provide presentations and trainings to civic, private and professional organizations, educational institutions, human service and medical professionals, police departments, youth and community organizations, attorneys, religious groups, community forums and other interested parties.

Topics include: Asian family values, strengthening intergenerational connections, effective parenting skills, special immigrant needs, building healthy relationships, teen dating, domestic violence and sexual assault issues in the Asian community.

Systems Training

SAHEL I provides presentations to local service providers on best practices when working with the Asian population and cultural competency issues.

Brochures / Materials

Written materials on SAHEL I services and domestic violence prevention have been translated into the following languages: Bengali, Chinese, Gujarati, Hindi, Japanese, Korean, Tagalog, Tamil, Urdu, and Vietnamese.

Resource Library

Books, publications and videos on domestic violence and sexual assault in Asian communities are available for checkout.

Community Events

SAHEL I can booth at your next event. We can provide information about our services and resources, and tailor a culturally appropriate and informative booth about SAHEL I services or any of the above listed community topics.

PLANNING FOR SAFETY

Without help, domestic violence often continues to get more severe over time. It can sometimes become deadly.

To Increase Your Safety:

- Keep important phone numbers (such as the police, 911 or a local shelter), a calling card and some cash with you at all times.
- Tell others you trust such as friends, family or community members about what is happening and talk about ways they might be able to help.
- Identify escape routes and places to go if you need to flee from an unsafe situation quickly. If an argument begins, move to a room that has access to an exit. Avoid the kitchen, bathroom and any place weapons are kept.
- Think about where you will go if you have to leave your home (even if you don’t think you are going to need to).
- Talk to your children about safety planning and create a code word to signal the need to leave quickly. Discuss what they should do if a violent incident occurs or if they are afraid.
- Put together an emergency bag and keep it with someone you trust or in a safe place. Items should include: money, checkbooks, extra car keys, medicine, and copies or originals of important documents, such as your immigration papers, passports and birth certificates (including your children’s), driver’s license, social security card, marriage certificate, and articles of sentimental value.