

# Empowering Survivors Starts with YOU



**R**  **AHAT**

Crisis Centre for Domestic  
Violence and Abuse



**fernandez**  
Foundation

# Understanding Domestic Violence and Abuse (DVA)

## **Domestic Violence is NOT only physical**

It has many forms - emotional, verbal, sexual, or financial.

## **Anger, alcohol or mental health issues do NOT cause domestic violence**

They are used as excuses used to justify abusive behaviour.

## **Domestic violence and abuse happen REPEATEDLY**

It's not a one-time incident, but happens again and again.




## **Abuse is the abuser's choice, NOT THE survivor's fault**

The abuser is solely responsible for such behaviour.

## **Power and fear are foundations of DVA**

Abusers use intimidation, threats, isolation, control, and emotional manipulation to dominate the relationship.

### Do You

-  Feel scared or unsafe around your partner?
-  Avoid doing things that cause a conflict?
-  Feel anxious, depressed or withdrawn around your partner?



# Recognise the Signs

## Is this Happening to You?

### **Does your partner**

-  Hit, choke, pinch, bite or shove you?
-  Regularly criticise you or call you names?
-  Embarrass or humiliate you in public?
-  Accuse you of having an affair?
-  Monitor your movements?
-  Stop you from working?
-  Force you to ask/beg for money from your family?
-  Isolate you from family or friends?
-  Use alcohol or drugs as a reason to hurt you?
-  Blame you for their violent behaviour?
-  Force you to have sex after an assault?

***If you identify with any of these behaviours, help is available for you.***

## About

Welcome to the Raahat Crisis Centre within Fernandez Hospital, a sanctuary for survivors of domestic violence and abuse. We are a dedicated centre to provide comprehensive support and services to support survivors of domestic violence on their journey to healing and independence.

At Raahat, you are assured of a **SAFE SPACE** to seek help from trained and sensitised professionals, under full confidentiality.

# What We Do

## **CLINICAL CARE**

Our experienced team of professionals offer compassionate and confidential clinical care that addresses both physical and emotional needs.

## **CRISIS INTERVENTION**

Our trauma-informed counsellors provide specialised mental health counselling focussed on trauma recovery and rebuilding self-esteem.

## **SURVIVOR SUPPORT**

Facilitating connections to NGOs, women's shelter homes, and support groups for domestic violence.

## **POLICE REFERRALS**

Get access to protection officers and women's cells.

## **LEGAL AID**

Assistance in navigating legal processes aided by legal counsel/legal cells to ensure survivors receive the legal support they need.

## **COMMUNITY AWARENESS**

Engage with communities to raise awareness and understanding about domestic violence and abuse.

## **PARTNERSHIPS**

Collaborate with organisations dealing with DVA, government agencies, and community groups to prevent domestic violence.

**All services provided are CONFIDENTIAL.**



## Why Choose RAAHAT?

### **COMPASSIONATE CARE**

We prioritise your well-being and provide a safe environment to listen to your story without JUDGEMENT.

### **HOLISTIC APPROACH**

Our integrated services target physical, emotional and legal aspects of recovery tailored to your needs.

### **CONFIDENTIALITY**

We maintain strict confidentiality in all survivor-related support.

**If you are experiencing domestic violence and abuse, get HELP at Raahat Crisis Centre**

 **91214 44333**

 **raahat@myfernandez.in**