

Support Services in New Hampshire

Berlin, Groveton:

Response Domestic & Sexual Violence Support Center	
Crisis Line	1-866-662-4220
Berlin Office	603-752-5679
Colebrook Office	603-237-5384
Lancaster Office	603-788-8195

Claremont, Newport:

Turning Points Network	
Crisis Line	1-800-639-3130
Claremont Office	603-543-0155
Newport Office	603-863-4053

Concord:

Crisis Center of Central New Hampshire	
Crisis Line	1-866-841-6229
Office	603-225-7376

Conway, Wolfeboro:

Starting Point: Services for Victims of Domestic & Sexual Violence	
Crisis Line	1-800-336-3795
Conway Office	603-447-2494
Wolfeboro Office	603-452-8014

Durham:

Sexual Harassment & Rape Prevention Program (SHARPP)	
Crisis Line	1-888-271-SAFE (7233)
Office	603-862-3494

Epping, Portsmouth, Rochester:

HAVEN	
Crisis Line	603-994-SAFE (7233)
Office	603-436-4107

Keene, Peterborough:

Monadnock Center for Violence Prevention	
Crisis Line	1-888-511-6287
Keene Office	603-352-3782
Peterborough Office	603-209-4015

Laconia:

New Beginnings Without Violence and Abuse	
Crisis Line	1-866-841-6247
Office	603-528-6511

Lebanon:

WISE	
Crisis Line	1-866-348-WISE (9473)
Office	603-448-5922

Manchester, Derry:

REACH Crisis Services at YWCA NH	
Crisis Line	603-668-2299
Office	603-625-5785

Nashua, Milford:

Bridges: Domestic & Sexual Violence Support	
Crisis Line	603-883-3044
Nashua Office	603-889-0858
Milford Office	603-672-9833

Plymouth:

Voices Against Violence	
Crisis Line	1-877-221-6176
Office	603-536-5999

*\*For 24-hour assistance in New Hampshire you can call our statewide toll-free hotline:*  
**1-866-644-3574 for DOMESTIC AND SEXUAL VIOLENCE**  
**1-800-RELAY NH (1-800-735-2964/TTY/Voice)**

NHCADSV and its 12 member programs do not discriminate based on gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socioeconomic status, race, national origin, immigration status, or religious or political affiliation.

The Coalition

Founded in 1977, the New Hampshire Coalition Against Domestic & Sexual Violence is a voice for victims. We work with a statewide network of independent member programs committed to ending domestic violence, sexual assault, stalking and human trafficking. We seek to:

- Influence public policy on the local, state and national levels
- Ensure that quality services are provided to victims
- Promote the accountability of societal systems
- Work to prevent violence and abuse before they occur.

NHCADSV and its member programs provide free education in schools, training to professionals, and awareness in our communities. Contact your local crisis center or NHCADSV to find out more about our educational programs and outreach efforts.

NHCADSV's programs include, the AmeriCorps Victim Assistance Program, Trauma Informed Services, Prevention Programming, and the New Hampshire Sexual Assault Nurse Examiner (SANE) Program.

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[www.nhcadsv.org](http://www.nhcadsv.org) - Follow us @nhcadsv



**We're Here  
to Help**

## Domestic Violence

Domestic violence is a pattern of coercive behavior used by one person to gain and maintain power and control over another in an intimate or familial relationship. It includes physical violence, sexual violence, verbal and emotional abuse. It can involve threats, pushing, punching, slapping, strangulation, sexual assault, stalking, put-downs, economic abuse, harming or threatening to harm children or pets, and other violent or intimidating behaviors.

## Sexual Assault

Sexual assault is forced, manipulated, or coerced sexual activity. It is a crime in which the assailant uses sexual behavior to inflict humiliation on the victim, to exert power and control over the victim, or to use the victim to attain sexual gratification without regard for the victim's consent. In over half of all reported rapes, the victim and rapist know each other. Child victims know their abuser in 80% of all cases.

## Stalking

Stalking is a crime. It involves a pattern of behavior targeted at a specific person which would cause a person to fear for his or her personal safety or the safety of a member of that person's immediate family. Many times victims of domestic violence are stalked by their abusers.

## No More Excuses

Perpetrators make the choice to abuse. Nothing that victims do or say **ever** justifies domestic violence or sexual assault.

**Statewide Hotline**  
**Domestic and Sexual Violence:**  
**1-866-644-3574**

## You Are Not Alone

If you are experiencing domestic or sexual abuse, whether the abuse is happening now or took place long ago, please know you are not alone.

Free and confidential services are available 24 hours a day 365 days a year, and include:

- 24-hour support and information hotlines
- Emergency shelter
- Assistance in obtaining restraining orders
- Hospital, police, and court accompaniment for rape and assault survivors
- Information and referrals for legal and other assistance
- Support groups for victims

*You don't need to be in crisis to call.*

NEW HAMPSHIRE SAYS  
**NO MORE**  **TOGETHER WE CAN END  
DOMESTIC VIOLENCE & SEXUAL ASSAULT**



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## Help and Healing

It is important for victims to care for their physical and emotional well-being. Talking to someone trusted can help. It's never too late to reach out for support. Specially trained advocates at NHCADSV's member program crisis centers throughout the state are there to provide compassionate support and information.

The decision to come forward and report sexual assault or domestic violence, or leave an abuser is a personal one. Victims can make the decision that is right for them, and they have the right to change their minds. Advocates are there to support survivors, no matter what they decide.\*

\*Adults are required under law to report child abuse

## What You Can Do to Help

### Help Someone You Know

If someone you know is being abused or has been sexually assaulted, listen, believe and show your support. Never blame them for what happened. Encourage them to seek help, give them information about services, and support them in whatever decision they make.

### Volunteer

There is a constant need for volunteers and they are essential to Coalition groups in providing services to domestic violence and sexual assault survivors. Please contact your local crisis center for information.

### Make a Donation

A financial contribution to the Coalition or its crisis center member programs will help ensure that services for domestic violence and sexual assault survivors in New Hampshire will continue. Other kinds of donations like gift cards are also welcome. Call your local crisis center to find out their most pressing needs.

### Speak Out

Do not accept violence in the home, community, or workplace. Learn the facts about domestic violence and sexual assault and talk to your friends and co-workers. Let your state and federal legislators know that you support legislation that provides funding for domestic violence and sexual assault programs, and insures that victims are protected from abuse.

**Join Us!**  
Stay up to date with the latest news and events.  
Visit us and sign up online at [www.nhcadsv.org](http://www.nhcadsv.org)  
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