



## *A Pathway to Safety & Healing*

### *We Believe Survivors!*

Since 1978, Safe+Sound Somerset has supported survivors of domestic abuse and sexual violence with trained and compassionate professional help.

***You deserve to feel safe.*** Domestic and sexual violence violate your rights to make choices, set boundaries, and give consent using abuse that can be physical emotional, financial, and/or technological. It can be isolating and scary.

**We support all survivors – adults, teens, and children – in finding a pathway to safety and healing.**

Our Helpline is the gateway to survivor-centered services that provide safety and healing from the trauma of violence. Free and confidential assistance is offered 24 hours a day – 7 days a week – 365 days a year at:

**866-685-1122**

### Get in Touch With Us

PO Box 835  
Somerville, NJ 08876

908-359-0003

[www.safe-sound.org](http://www.safe-sound.org)



@SafeSoundSomerset



Services  
and  
Prevention

Supporting Survivors  
of  
Domestic and Sexual  
Violence

24/7 Confidential Call/Text Helpline  
**866-685-1122**

# Our Continuum of Care for Survivors of Domestic and Sexual Violence

*Most of our clients end up using several - or even all - of our services. You may start out in one or two and be referred to others as you build safety, achieve stability, and heal from the trauma of violence.*

## Crisis Intervention

*For individuals seeking support, services or information during a crisis or anytime*

- **24-hour Call and Text Domestic Violence and Sexual Violence Helpline 866-685-1122**
- Emergency Safe House
- Domestic Violence Liaisons with DCP&P in Somerset and Hunterdon Counties
- Domestic Violence Reponse Team
- Sexual Assault Response Team
- BREATHE Strangulation Response Team



## Advocacy

*Coaching, education and support in key areas to build stability*

- Legal Advocacy
- Financial Empowerment Center
- Housing First Advocacy

## Counseling

*Education, empowerment and healing for adult, teen and child survivors*

- Adult Individual - Individualized plans to build healthy coping skills and heal from trauma and PTSD
- Adult Group - Community building and education based on common experiences of survivors.
- Youth - Serving youth ages 3-17, with a safe caregiver, to build skills and process trauma

## Outreach & Prevention

- Educational Programs, Workshops and Trainings - Information, skills and tools for survivors to access services and to support the prevention of future violence
- Capacity Building Programs - Information, skills and tools for professionals and organizations to minimize the trauma of domestic and sexual violence

## Volunteers

- 60-hour DV/SV training for volunteers who will work directly with domestic and sexual abuse survivors
- Other opportunities available to support the organization at events, fundraising, and more for both individuals and groups with no training requirement



To access any of our services listed, call or text our confidential 24/7 helpline at **866-685-1122**. *If you are in danger, call 911.*

An advocate, someone with special training to help and support survivors, will listen to you, help you explore options, and plan for next steps.



*Services are **CONFIDENTIAL**, provided at **NO COST** to survivors, and available in English, Spanish, and other languages.*