

## UNDERSTANDING AND

# STOPPING ABUSE

Resources for ending domestic violence, sexual assault, stalking or sexual harassment

**Domestic violence and sexual assault** affects individuals across all races, genders, ages, economic backgrounds and religions. Utah has laws to protect and assist people who are vulnerable to abuse.

Domestic violence, abuse, and battery is defined as an act of violence or physical harm or the threat, attempt, conspiracy, or solicitation involving violence or physical harm from an intimate partner, family member, spouse, date or other relationship.

**Domestic violence** may include:

- Physical violence
- Sexual violence and even homicide
- Verbal abuse or intimidation
- Destruction of property
- Coercion, threats, kidnapping or unlawful detention
- Using children or cruelty to animals
- Minimizing, blaming and denying
- Isolation, harassment, voyeurism or stalking
- Economic or financial abuse

**Sexual assault** is a sexual act that is committed or attempted by another person without receiving consent or when a person is unable to consent and may include:

- Rape
- Attempted rape
- Unwanted sexual touching

**Stalking** includes actions that cause a reasonable person to fear for their safety or suffer emotional distress such as:

- Unwanted and repeated actions, contact or conduct
- Watching and following from a distance or through third parties or surveillance technology
- Showing up at your home, car, work or school
- Calls, hang ups, texts and social media invasion. Contacting friends and family
- Making threats or sabotaging property, financial and reputation damage

**Sexual harassment** is unwelcome and inappropriate sexual remarks or physical advances in the workplace or other professional environments including:

- Requests for sexual favors
- Verbal harassment of a sexual nature
- Unwanted touching or contact
- Sharing of sexually explicit photos, email, texts or jokes



### Services available:

- Crisis counseling and support groups
- Safety planning
- Assistance finding shelter
- Education, guidance and support
- Legal services and advocacy

**If you are in immediate danger, please call 911.**

**If you are in danger or need help, call:**

**Utah Domestic Violence Coalition:**  
1-800-897-LINK (800-897-5465)

**The National Domestic Violence Hotline:**  
800-799-7233 (TTY: 800-787-3224)

**Rape Recovery Center:**  
24-Hour Sexual Violence Helpline • 801-736-4356

**UCASA – Utah Coalition Against Sexual Assault:**  
Sexual Violence 24-hour Crisis Line • 888-421-1100

**Utah 211:** Dial 2-1-1 or visit 211utah.org

**Love is Respect:** for teens and young adults •  
1-866-331-9474 or text "LOVEIS" to 22522

**Deaf/Hard of Hearing Resources:**

Sego Lily • Main Office Video Phone: 835-474-2083  
After Hours Video Phone: 1-855-812-1001

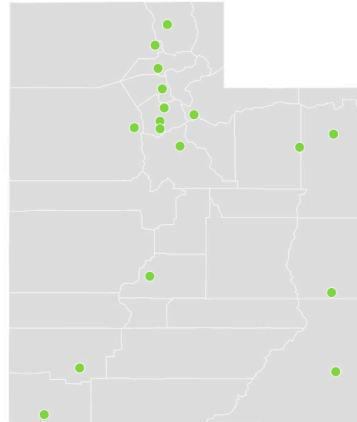
**Native American Resources:**

Restoring Ancestral Winds • 801-561-7374  
Urban Indian Center of Salt Lake • 801-486-4877  
Strong Hearts Native 24/7 • 7-844-7NATIVE (762-8483)

## Statewide Domestic Violence Victim Services

Domestic violence service providers in Utah are a safe place for victims and their children, and may offer free support and services to individuals and families affected by domestic violence. These providers offer a range of services to meet the needs and empower individuals to work toward safety and stability. These services may include:

- Emergency shelter
- 24-hour crisis line
- Case management
- Transitional housing
- Counseling and support groups
- Transportation
- Children's services
- Food
- Personal care items
- Advocacy and referral programs for both domestic and sexual violence



Service Provider/Shelter	Crisis Line	County	City
Canyon Creek Services	435-233-5732	Iron, Beaver, and Garfield	Cedar City
Community Abuse Prevention Services Agency (CAPSA)	435-753-2500	Cache and Rich	Logan
Colleen Quigley Crisis Center	435-637-6589	Carbon and Emery	Price
DOVE Center	435-628-0458	Washington and Kane	St. George
Friends Against Family Violence	435-781-2264	Uintah, Duchesne, and Daggett	Vernal & Roosevelt
Gentle Ironhawk Shelter	435-678-0777	San Juan County & Four Corners Area	Blanding
New Hope Crisis Center	1-877-732-5600	Box Elder	Brigham City
New Horizons Crisis Center	1-800-343-6302	Sevier, Millard, Piute, Sanpete, and Wayne	Richfield
Pathways	435-231-3557	Tooele	Tooele
Peace House	1-800-647-9161	Summit and Wasatch	Park City
Safe Harbor	801-444-9161	Davis	Kaysville
Seekhaven	435-259-2229	Grand	Moab
South Valley Services	801-255-1095	Salt Lake	West Jordan
The Refuge*	801-377-5500	Utah and Juab	Provo
YCC Family Crisis Center	801-392-7273	Weber and Morgan	Ogden/Northern Utah
YWCA Women in Jeopardy	801-537-8600	Salt Lake	Salt Lake City

\*previously Center for Women and Children in Crisis