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## Resources Available

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### Emergency

911

### Police/Ambulance

#### **Buda PD**

(512) 312-1001

#### **Caldwell Co. Sheriff**

(512) 398-6777

#### **Hays Co. Sheriff**

(512) 393-7896

#### **Kyle PD**

(512) 268-3232

#### **Lockhart PD**

(512) 398-4401

#### **Luling PD**

(830) 875-5407

#### **Martindale PD**

(512) 357-2271

#### **San Marcos PD**

(512) 753-2108

#### **Tx State University PD**

(512) 245-2805

### Area Shelters

#### **Austin**

(877) 384-9891

#### **Bastrop**

(512) 303-7755

#### **Hays-Caldwell Co.**

(512) 396-4357

#### **New Braunfels**

(830) 620-4357

#### **Round Rock**

(512) 255-1212

1(800) 460-7233

#### **San Antonio**

(210) 733-8810

#### **San Marcos**

#### **Homeless Shelter**

(512) 392-6697

#### **San Marcos**

#### **Youth Shelter**

(512) 754-0500

#### **Seguin**

(830) 372-2780

1(800) 834-2033

### Crisis Counseling

#### **Hays-Caldwell Women's Center**

24-hour HELPLINE

(512) 396-4357

1 (800) 700-4292

#### **Suicide Hotline**

(512) 396-3939

#### **Nat'l Domestic Violence Hotline**

1(800) 799-SAFE

#### **Rape, Abuse, Incest (RAINN)**

1(800) 656-HOPE

#### **Child & Elder Abuse**

1(800) 252-5400

### Legal Resources

#### **Texas Rio Grande Legal Aid**

(512) 374-2700 or

1(800) 369-9270

#### **Texas Advocacy Project**

1(800) 777-3247

#### **American**

#### **Gateways**

(512) 478-0546

### Hospitals

#### **CTMC - San Marcos**

(512) 353-8979

#### **GVRMC - Seguin**

(830) 379-2411

#### **St. David's - Austin**

(512) 476-7111

#### **Seton Hays - Kyle**

(512) 324-1000

#### **Seton - Lockhart**

(512) 376-6661

#### **Tx State University**

#### **Student Health Center**

(512) 245-2161

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## No One Deserves To Be Abused

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HCWC can help you make a plan to keep you and your children safe whether you choose to stay with your abusive partner or decide to leave.

HCWC can accompany you to file a police report and to court if you choose to pursue those options.

HCWC provides the following services in English and Spanish free of charge for victims of abuse in Hays and Caldwell Counties:

- Emergency Shelter
- Individual and Group Counseling
- Children's Counseling
- Legal Advocacy
- Court Accompaniment
- Safety Planning
- Crisis Intervention
- Emotional Support
- Information, Resources and Referrals

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## Contact Us

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### HCWC

P.O. Box 234, San Marcos, TX 78667-0234  
(512) 396-3404

### 24 hour HELPLINE

(512) 396-HELP (4357)



www.hcwc.org  
info@hcwc.org



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Is Your  
Relationship Based on  
Love and Respect  
or  
Power and Control?

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Serving Hays & Caldwell  
counties since 1978

All services are  
free and confidential

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## Are You Being Abused?

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### Does your partner:

- Humiliate you in front of others?
- Prevent you from working or attending school?
- Destroy your personal property?
- Track all of your time?
- Constantly accuse you of being unfaithful?
- Control all the finances?
- Abuse or kill pets?
- Use or threaten to use a weapon against you or your children?
- Force you to have sex against your will?
- Hit, slap, punch, kick, or strangle you or your children?

### Do you find yourself:

- Expressing your opinions less and less frequently?
- Afraid of doing something wrong or getting in “trouble”?
- Doubting your judgment and/or sanity?
- Asking permission to spend money?
- Feeling increasingly depressed?
- Feeling trapped or powerless?
- Becoming less involved in outside activities?
- Losing confidence in your ability to cope with problems?
- Increasingly afraid of your partner?
- Making excuses for, or covering up injuries inflicted by your partner?

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## Types of Power and Control

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### Intimidation:

- Making you afraid by using looks, actions, and gestures
- Smashing things
- Destroying your property
- Abusing pets
- Displaying weapons

### Emotional Abuse:

- Putting you down
- Making you feel bad about yourself
- Calling you names
- Making you think you’re crazy
- Playing mind games
- Humiliating you
- Making you feel guilty

### Isolation:

- Controlling what you do, who you see and talk to, what you read and where you go
- Limiting your outside involvement

### Minimizing, Denying, & Blaming:

- Making light of the abuse and not taking your concerns about it seriously
- Saying the abuse didn’t happen
- Shifting responsibility for abusive behavior
- Saying you caused it

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## Types of Power and Control

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### Using Children:

- Making you feel guilty about the children by telling you you’re a bad parent or by telling you the children need a two-parent home
- Threatening to hurt the children
- Using the children to relay messages
- Using visitation to harass you
- Threatening to take the children

### Economic Abuse:

- Preventing you from getting or keeping a job
- Making you ask for money
- Giving you an allowance
- Taking your money
- Not letting you know about or have access to family income

### Male Privilege:

- Treating you like a servant
- Making all the big decisions
- Acting like the “master of the castle”
- Being the one to define men’s and women’s roles

### Coercion & Threats:

- Making and/or carrying out threats to do something to hurt you
- Threatening to commit suicide or report you to welfare
- Making you drop charges
- Making you do illegal things