

Call for help:

The Julian Center (317) 920-9320

Emergency shelter, case management, legal services, safety planning and counseling.

The Julian Center IMPD Advocates

Crisis intervention, hospital response, civil legal advocacy, victim advocacy, 911 emergency phones. All services are free and confidential.

Downtown: 317-281-2549

Southeast: 317-281-1744

Southwest & Northwest: 317-281-4977

North: 317-361-6176

Northwest: 317-339-1522

East: 317-538-2469

St. Elizabeth/Coleman Pregnancy and Adoption Services (317) 787-3412

Counseling, individual and family support, eldercare, crisis relief and shelter and pregnancy and adoption services.



The Julian Center
2011 N. Meridian St.
Indianapolis, IN 46202
www.juliancenter.org
Administration 317.941.2200
Reuben Counseling Center 317.924.7010
Shelter 317.920.9320
Fax 317.941.2209

Working today for a safer tomorrow

This brochure has been co-produced by

UCSF National Center of Excellence in Women's Health:
Living in a Nonviolent Community Program

Family Violence Prevention Fund

San Francisco Department of Public Health:
Maternal and Child Health Section

LEAP: Look to End Abuse Permanently

San Francisco SafeStart Initiative,
Department of Children, Youth & Families

To have a healthy baby . . .



You should be **safe** during your pregnancy



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Protect yourself and your baby. . .being hurt or afraid is not your fault.



Are you safe in your relationship?

- Does your partner ever make you feel afraid?
- Has your partner ever hit you, hurt you or threatened you?
- Has your partner ever forced you to have sex when you didn't want to?

If you answer "yes" to any of these questions then you are experiencing violence—and your healthcare provider can help.

During pregnancy, abuse is more common than any other health problem. To have a healthy baby, you should be free of violence and fear.

If you are being hurt or threatened by your partner while you are pregnant, you have a higher chance of:

- Injury to your uterus
- Miscarriage, stillbirth, or premature birth
- Getting a dangerous vaginal infection from forced or unprotected sex with someone who has an infection
- Increased 1st and 2nd trimester bleeding

Violence increases your baby's risk of:

- Weighing too little at birth
- Having trouble nursing or taking a bottle
- Having more sleeping problems
- Being harder to comfort than other babies
- Having problems learning to walk, talk, and learn well
- Experiencing lasting emotional trauma
- Being physically and sexually abused
- Being hurt during a fight

Talk with your health care provider or childbirth educator.

- We care about you. You and your baby deserve to be safe.
- We can help you take action— develop a safety plan, make an emergency kit and learn about local community resources.

Call for help:

- 911 if you and your baby are in immediate danger.
- One of the resources listed on the other side of this brochure.

Get more information:

- www.juliancenter.org
- www.icadv.org (Indiana Coalition Against Domestic Violence)
- www.dvn.org (Domestic Violence Network)



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