

RESOURCE GUIDE

for People Experiencing Domestic Violence

What is Domestic Violence?

Domestic Violence is a pattern of behaviors used to gain power and control over a spouse, partner, girlfriend/boyfriend, or intimate family member. Abuse is a learned behavior; it is not caused by anger, mental health challenges, drugs, alcohol, or other common excuses.

Domestic violence can consist of several categories: physical violence, psychological violence, sexual violence, financial abuse, neglect, and more.

If you're experiencing domestic violence, follow these steps:

- Take a deep breath and ground yourself.
- Determine a time and place you will be safe to access this information.
- Decide what resources you are comfortable accessing first.
- Be gentle with yourself. If you feel overwhelmed, consider who you might be able to call for support.
- Visit this website to create a safety plan and checklist of items: thehotline.org/plan-for-safety.
- Delete search, call, and photo history of services from all devices used.



ADAMS COUNTY
COLORADO

LEGAL

Project Safeguard

720.618.3482 | psghelps.org

Family Tree

303.422.2133 | thefamilytree.org

Rose Andom Center

720.337.4400 | roseandomcenter.org

Colorado Legal Services

303.837.1313 | coloradolegalservices.org

DOMESTIC VIOLENCE SHELTERS

Brighton Housing Authority

303.655.2160 | brightonhousingauthority.org

You do not need to be a Brighton resident.

Family Tree

303.422.2133 | thefamilytree.org

A Woman's Place

Crisis Line: 970.356.4226 | Toll Free: 866.356.4226 | awpdv.org

The Initiative

Call/Text: 303.839.5510 | theinitiativecolorado.org

Safehouse Denver

Phone: 303.318.9959 | Hotline: 303.318.9989 | safehouse-denver.org

OTHER ASSISTANCE

Hunger Free Colorado

855.855.4626 | hungerfreecolorado.org

Energy Outreach Colorado

303.825.8750 | energyoutreach.org

The Gathering Place

303.321.4198 | tgpdenver.org

ACCESS Housing

303.289.7078 | acchouse.org/need-assistance

2-1-1 Colorado

211colorado.org

HOTLINES

National Domestic Violence

Hotline: 800.799.7233

National Teen Dating Abuse

Hotline: 1.866.331.9474

LGBTQ+ Domestic Violence

Hotline: 617.742.4911

Laboratory to Combat Human Trafficking

Phone: 866.455.5075 | Text: 720.999.9724



adamscountyresources.org

Hover over the QR code with your phone camera to access the Adams County Resource and Referral Platform for more information and resources.

GUÍA DE RECURSOS

para personas que sufren violencia doméstica

¿Qué es la violencia doméstica?

La violencia doméstica es cualquier comportamiento cuyo propósito es obtener poder y control sobre un cónyuge, pareja, novia/novio o miembro íntimo de la familia. El abuso es un comportamiento aprendido; no es causado por ira, problemas mentales, drogas o alcohol u otras excusas comunes.

La violencia doméstica puede constar de varias categorías: violencia física, violencia psicológica, violencia sexual, abuso financiero y negligencia.

Sigue estos pasos:

- Tomar una respiración profunda.
- Determine una hora y un lugar en los que estará seguro para acceder a esta información.
- Pregúntese cuáles son los recursos a los que se siente cómodo accediendo en primera instancia.
- Trate de evitar abrumarse.
- Visite este sitio web para crear un plan de seguridad y una lista de verificación de elementos: thehotline.org/plan-for-safety
- Elimine la búsqueda y el historial de llamadas y si es posible, oculte las fotos tomadas de la información.



ADAMS COUNTY
COLORADO

LEGAL

Project Safeguard

720.618.3482 | psghelps.org

Family Tree

303.422.2133 | thefamilytree.org

Rose Andom Center

720.337.4400 | roseandomcenter.org

Colorado Legal Services

303.837.1313 | coloradolegalservices.org

REFUGIOS DE VIOLENCIA DOMÉSTICA

Brighton Housing Authority

303.655.2160 | brightonhousingauthority.org

No necesita ser residente de Brighton.

Family Tree

303.422.2133 | thefamilytree.org

A Woman's Place

Crisis Line: 970.356.4226 | Toll Free: 866.356.4226 | awpdv.org

The Initiative

Call: 303.839.5510 | Text: 720.503.9580 | theinitiativecolorado.org

Safehouse Denver

Phone: 303.318.9959 | Hotline: 303.318.9989 | safehouse-denver.org

OTROS RECURSOS DE ASISTENCIA

Hunger Free Colorado

855.855.4626 | hungerfreecolorado.org

Energy Outreach Colorado

303.825.8750 | energyoutreach.org

The Gathering Place

303.321.4198 | tgpdenver.org

ACCESS Housing

303.289.7078 | acchouse.org/need-assistance

2-1-1 Colorado

211colorado.org

LÍNEAS DE AYUDA DIRECTA

National Domestic Violence

Hotline: 800.799.7233

National Teen Dating Abuse

Hotline: 1.866.331.9474

LGBTQ+ Domestic Violence

Hotline: 617.742.4911

Laboratory to Combat Human Trafficking

Phone: 866.455.8075 | Text: 720.999.9724



adamscountyresources.org

Active la cámara de su teléfono celular y enfoque hacia el código QR para acceder a la Plataforma de Recursos y Referencias del Condado Adams, allí podrá encontrar más información y recursos.