

Warning Signs of an Abusive Relationship

- Is your partner jealous of the time you spend with friends, family or co-workers?
- Does your partner forbid or limit your time spent with friends, family or co-workers?
- Does your partner constantly criticize and belittle things that you do or say?
- Does your partner say cruel and hurtful things to you, or make fun of you in front of others?
- Is your partner cruel to animals and/or people, and does he/she seem to enjoy or be insensitive to their emotional or physical pain and suffering?
- Does your partner tell you how to spend your money or control the amount of money you have?
- Does your partner interfere with your ability to be at work on time or at all and/or harass you at work?
- Are you sometimes afraid of your partner and what he/she might do?
- Does your partner break objects, throw objects at you or your children, or damage property?
- Does your partner threaten to harm you, your children, family or friends?
- Does your partner cause you or your children physical pain and/or injury?
- Does your partner use force, hold or throw you down or demand sex regardless of how you feel?

If you answered yes to any of these questions, you may be in an abusive relationship or at risk of becoming involved in an abusive relationship.



Police Response:

Date: _____ Case Number: _____

Officer: _____

VICTIMS OF DOMESTIC ASSAULT:

- You have the right to go to court and file a petition requesting an order for protection (OFP) from domestic abuse.
- A signed order could grant you the following:
 - Restrain the abuser from further acts of abuse.
 - Direct the abuser to leave your household.
 - Prevent your abuser from entering your home, school, or workplace.
 - Award you or other parent custody of your minor children and order abuser to pay support.
- You also have the right to notification if prosecution is declined or charges are dismissed
- For assistance with OFPs call: 763-422-7389



Columbia Heights Police Department



Columbia Heights Police Department

825 - 41st Avenue NE

Columbia Heights, MN 55421

Business Office 763-706-8100

24-Hour Dispatch 763-427-1212

www.chpolice.com

[Facebook.com/chpolice](https://www.facebook.com/chpolice)

[Twitter.com/colhgtpolice](https://twitter.com/colhgtpolice)

Help for Victims of Domestic Violence

Domestic Abuse Response Team (D.A.R.T)

D.A.R.T is an effort by the police department to assist individuals who are in abusive relationships to locate resources for counseling, support, and safety. Domestic violence affects many people and it is the goal of the police department to assist individuals to be safe and to find healthy ways of coping with their situation.

Could you be a victim of domestic abuse?

Domestic violence is a pattern of abusive behavior that is used by one person to gain or maintain power and control over another. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. It happens regardless of gender, age, sexual orientation, race, or economic background. No one deserves to be abused.

Where can I get help?

You have choices. There are many resources in this community that can assist you in getting the help you need to change your life. This brochure contains resources that can help you become safe and healthy at home, and resources that can assist you in finding 24-hour emergency shelter should you need immediate safety from abuse. Columbia Heights Police Department partners with our local domestic and sexual violence organization, Alexandra House, when responding to a domestic assault/domestic abuse call.

Who is Alexandra House?

Alexandra House is a non-profit, community-based organization located in Anoka County that provides 24-hour emergency shelter, support services, and legal advocacy to people who have experienced domestic violence, sexual violence, dating violence, and abuse in later life. Services they offer include: Emergency Shelter, Legal Advocacy, Hospital Based Advocacy, Safety Planning, Support Groups, Therapy Services, Youth Services, Follow Up Services, Aging Services, and Community Education and Professional Training.

Resources

24-Hour Emergency Shelter and Domestic & Sexual Abuse Information:

Alexandra House 24-Help Line	763-780-2330
<i>(interpreter services are available)</i>	
MN Domestic Violence Crisis Line (Day One)	1-866-223-1111

24-Hour Crisis Response Resources:

Crisis Connection	612-379-6363
First Call for Help (for any crisis, active listening, referrals)	211 or 651-335-5000
Minnesota Relay Service	1-800-627-3529
The Men's Line (24-hour help for men)	612-379-6367
MAD DADS Minneapolis (positive father image help)	612-822-1969
Children's Home Society & Family Services Parent Support	
Anoka County	763-785-9222
Ramsey, Washington, Dakota Counties	651-641-1300
Hennepin County Crisis Nursery	763-591-0100
Canvas Mental Health Crisis Services	763-755-3801
Casa de Esperanza (Latinas)	651-772-1611

Criminal Justice Resources:

Alexandra House Community Office	763-576-9999
Anoka County Victim/Witness	763-323-5559
Anoka County Social Services	763-422-7000
Anoka County Court	763-422-7350
Anoka County Jail	763-323-5100
Anoka County Attorney	763-323-5586
Columbia Heights City Attorney	763-783-5122
Hilltop City Attorney	763-571-6870

Legal Resources and Aid:

Central Minnesota Legal Services	612-332-8151
Judicare of Anoka County	763-783-4970
Hennepin County	612-334-5970
Ramsey County	651-222-5863

Protection Orders:

Anoka County:	
Alexandra House Community Office	763-576-9999
Anoka County Family Court Desk	763-422-7389
Hennepin County:	
Domestic Abuse Service Center	612-348-5073
Ramsey County:	
Domestic Abuse/Harassment Office	651-266-5130



Help for Victims of Domestic and Sexual Violence

Ayuda para las víctimas de violencia doméstica y sexual

Kev Pab Rau Cov Neeg Raug Lwm Tus Hauv
Tsev Tsim Txom thiab Quab Yuam

مساعدة لضحايا العنف المنزلي والجنسي

Caawimaad ku Socota Dhibbanayaasha
Bahdilka iyo Kufsigu Guriga

763-780-2330
www.alexandrahouse.org