

How to Get Help

Services of the Victims of Violence Program are available through The Cambridge Health Alliance Outpatient Psychiatry Department at the Central Street Health Center.

If you have been victimized, if someone you love has been hurt, or if you have witnessed violence and abuse, you don't have to cope with your feelings alone.

To learn more about the
Victims of Violence Program
please call:
(617) 591-6360.



We are located on the 4th floor of the
Central Street Health Center
26 Central Street
Somerville, MA

<http://www.challiance.org/departments%20II/victimsofviolence.htm>

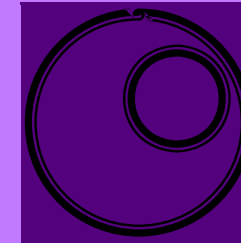


Cambridge Health Alliance
A COMMUNITY OF CARING

Victims of Violence Program
Central Street Health Center, 4th Floor
26 Central Street, Somerville, MA 02143

*If you or someone you love has been affected
by violence, hatred or abuse...*

HELP is available



**Victims
Of
Violence
Program**

*Crisis Intervention & Support
Individual & Group Psychotherapy
Community Crisis Response Team
Victim Advocacy & Support Team
Center for Homicide Bereavement*

(617) 591-6360
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A Community of Caring

Pain and Distress are Normal Reactions to Violence

Many people feel great anxiety and distress after even a single incident of violence. Many remain troubled and confused long after. Witnessing severe or prolonged violence can be traumatic. Common reactions to violence include:

Emotional:

- o Fear, Anxiety, Shame & Guilt
- o Irritability, Anger, even Rage
- o Depression & Powerlessness

Cognitive:

- o Memory loss & Inability to concentrate
- o Confusion & Disorientation
- o Poor decision-making

Behavioral:

- o Changes in sleeping patterns & eating behavior
- o Withdrawal from, or clinging to, others
- o Increased alcohol use

Spiritual:

- o Sense of world being changed, "out of kilter"
- o Despair, Loss of faith or Spiritual doubts
- o Withdrawal from religious community

Relational:

- o Alienation from others who "don't understand"
- o Changes in sexual activity
- o Breakdown in trust

Physical:

- o Fatigue, Aches & Pains
- o Nausea & Dizziness
- o Difficulty breathing

Note: Although these physical reactions may be natural responses to trauma, consult your physician if in doubt.

These reactions and many others are normal, understandable consequences of violence. Remember, there are as many reactions to violence and abuse, as there are victims of violence.

Help is Available

The Cambridge Health Alliance's Victims of Violence (VOV) Program offers confidential help to victims, families, friends and witnesses. VOV services include:

- **Crisis Intervention and Support**
VOV staff respond within 72 hours and remain available throughout the first weeks and months of recovery.
- **Psychotherapy**
VOV clinicians provide evaluations, assessment, and ongoing psychotherapy.
- **The Group Program**
VOV offers a wide range of psychotherapy groups for adults dealing with the aftereffects of trauma.

To make an initial appointment call the **Central Intake Department at: (617) 591-6033.**

People who have been victimized sometimes feel isolated and alone, reluctant to reach out to others. But reaching out is important, and seeking help is part of the healing process.

The VOV also sponsors the following services **free of charge** to individuals, local agencies and groups.

- **Community Crisis Response Team (CCRT)*** - Helping local communities respond to violence. For more info, call: (617) 498-1180.
- **Victim Advocacy and Support Team (VAST)*** - Working directly with victims to ensure access to community resources, medical services, police and the courts. For more info, call: (617) 665-2992.
- **Center for Homicide Bereavement (CHB)*** - Offering crisis intervention, bereavement support groups, and advocacy. For more info, call: (617) 591-6123.

Brochures for each program are available for more information.

* This program is supported by the Massachusetts Office of Victim Assistance through the 1984 VOCA grant from the Office for Victims of Crime, Office of Justice Programs, & the US Department of Justice.