Offering Hope to Victims of Domestic Violence and Intimate Partner Abuse

About Interval House
Founded in 1977, Interval House is the largest agency in the state of Connecticut dedicated to preventing and breaking the cycle of domestic violence and intimate partner abuse.

Providing free and confidential services for victims in 24 towns and cities both East and West of the Connecticut River, Interval House has made a positive difference in the lives of more than 250,000 women and children who have experienced physical, psychological, and emotional abuse at the hand of a domestic or intimate partner.


If you need help at any hour, call or text the Safe Connect Hotline at 888-774-2900. For emergencies, please dial 911.

For business matters, you can reach Interval House staff by dialing 860-246-9149.

To schedule a presentation by the Community Educator, dial 860-838-8462.

For volunteer opportunities, call 860-643-3338.

To give a monetary gift to help clients, please call 860-838-8451. To inquire about donating items, call 860-246-9149 ext. 358 (please allow a week for response).

Free & Confidential Services for Victims of Abuse

24-Hour Hotline
Those experiencing abuse of any kind can call any time to discuss concerns and options with a compassionate and skilled advocate.

Safety Planning & Counseling
Interval House advocates listen to what clients share about a situation, and help to provide tools and strategies that can help to safely navigate or exit an abusive relationship.

Information & Referrals
Maintaining relationships with other social service agencies enables Interval House to provide clients with myriad resources and connections to address their situations.

Emergency Safe House
If necessary, clients may stay at Interval House for a time. Residents of the safe house have access to safety planning, counseling, and support as they plan their next steps.

Court Advocacy
Interval House’s court advocates are kind and knowledgeable. They help clients to navigate the often confusing and intimidating criminal and civil court systems.

Lethality Assessment Program
Interval House works in close partnership with local law enforcement to ensure victims are reached and offered the help they need.

Advocacy for Immigrant & Refugee Victims
Interval House provides specialized information and services for clients who face unique challenges due to immigration status. As with all services Interval House offers, this is fully confidential.

Support Groups
Clients at all stages of transition are given the chance to meet together in a safe and confidential location to share their experiences, and to provide one another with encouragement and support.

Children’s Advocacy & Programming
Interval House has a dedicated child advocate working with families to ensure children have what they need during a transition. The Children’s Program also offers art and music therapy, as well as other therapeutic outlets for kids who have witnessed domestic abuse.

Community Education & Outreach
Education is key to preventing and breaking the cycle of abuse. Interval House’s Community Educator is available for presentations to schools, businesses, churches, and other organizations.

Every day Interval House is Saving Lives, Giving a Voice, and Changing the Future.

Safe Connect
24-hour Hotline
888-774-2900

intervalhousect.org

/intervalhousect
Am I being abused?

It is normal to encounter a period of difficulty with our intimate partner from time to time. But with good communication and mutual respect, we once again restore harmony. Sometimes, though, no matter how hard we try to fix problems in a relationship, nothing seems to work. Things become difficult and we become confused. And we think, “if this is love, why do I feel so bad?”

Domestic violence is the use of different tactics—not always physical—by a present or former partner to dominate and control you. Behaviors can include:

- Isolating you from your family, friends, and job
- Deliberate use of words that hurt and belittle you, eroding your self-esteem and self-worth
- Withholding money or limiting your freedom
- Denying affection and intimacy
- Blaming you for things that are not your fault
- Physical threats
- Sexual assaults
- Beatings
- Threatening to hurt your family or children
- Hurting your pet

Because we care about our partners, it can be very hard to accept they are hurting us. The following assessment is designed to help you determine if you are experiencing abuse in your relationship. If you are unsure of what is or is not considered acceptable behavior in an intimate relationship, please call the Safe Connect Hotline at 888-774-2900 to speak with a knowledgeable advocate who will listen to you and answer your questions without judgement.

Abuse Assessment

1. My partner often seems angry at me for no apparent reason.
   YES  NO

2. My partner makes me feel as if I never do anything right. Nothing is ever good enough.
   YES  NO

3. My partner often yells at me and calls me names.
   YES  NO

4. Living with my partner is nerve-wracking because I never know what will set them off.
   YES  NO

5. My partner seems suspicious and jealous.
   YES  NO

6. When I try to express my opinion, my partner does not respond, walks away, or makes fun of me.
   YES  NO

7. I sometimes feel afraid of my partner.
   YES  NO

8. I have to account for every penny I spend and have little control over my finances.
   YES  NO

9. My partner acts good natured around other people, but treats me differently in private.
   YES  NO

10. My partner does not like me spending time with my family or friends.
    YES  NO

11. My partner has prevented me from going to work, or has embarassed me at work.
    YES  NO

12. My partner throws things and breaks things.
    YES  NO

13. My partner has threatened to injure or kidnap my children in order to control me.
    YES  NO

14. My partner has abused my/our pets.
    YES  NO

15. My partner forces me to have sex when I do not want to.
    YES  NO

16. My partner has hit, grabbed, or pushed me.
    YES  NO

17. My partner threatens me with weapons.
    YES  NO

18. My partner threatens me with weapons.
    YES  NO

If you answered YES to even one of these questions, your partner may be exerting control over you. If you feel there is something wrong with your partner’s behavior, trust your instincts and call the Safe Connect Hotline at 888-774-2900 for more information.

What You Can Do

The first step to dealing with abuse is realizing it is not your fault. No one has the right to abuse you.

Here are some steps you can take to create a safety plan:

1. If an argument seems unavoidable, try to move to a room with an exit. If possible, stay away from the kitchen, enclosed spaces like bathrooms, or any room that has a weapon.

2. Keep a packed bag ready containing money, clothing, an extra set of keys, and copies of important documents—like your ID, social security card, passport, and birth certificate (and those of your children). Store this bag with someone you trust so you can leave quickly.

4. Identify a neighbor in whom you can confide about the abuse, and ask them to call the police if they hear a disturbance coming from your home.

5. Keep the Safe Connect Hotline number at hand: 888-774-2900. Our counselors can help you to understand your rights and options, and offer you the services you need.

6. Call the police. Domestic violence is a crime regardless of the relationship between two parties. The police are required by law to make an arrest if they have reason to believe that a crime has been committed. If an arrest is not made, you still have the right to file a complaint.


8. Go to the home of a friend or family member.

9. During the calm times, do not abandon your plans to get help or get out. Do not fool yourself into believing things will remain this way.