
What Help is Available?

**WE HAVE TRAINED
ADVOCATES STANDING
BY TO HELP YOU**

1-800-833-1161

OUR ADVOCATES CAN PROVIDE:

- ◆ One on One Support
- ◆ Information and Referral
- ◆ Safety Planning
- ◆ Advocacy with Other Agencies
- ◆ Group Support
- ◆ Education and Information for Friends and Family

**DVS Advocates
are eager to help
you with your
safety needs!**

We serve all persons without regard to race, color, national origin, ethnic background, religion, gender, sexual orientation, age, socio-economic status or physical or mental abilities.

Advocacy Center Locations

Pendleton

Administrative Office
1103 SE Court Place
Mon-Fri ~ 8am-5pm

Milton-Freewater

722 S Main St
(City Hall Basement)
Call for appointment

one

365 W 3rd St
Call for appointment

541 - 276 - 3322

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Hermiston

1050 W Elm Ave, Suite 250
Mon-Fri ~ 8am-5pm

Boardman

200 City Center Circle
Call for appointment

541 - 567 - 0424

www.dvs-or.org



The Organization

Domestic Violence Services, Inc. (DVS)

is a non-profit agency that provides Emergency Services to victims of Domestic and Dating Violence, Sexual Assault, & Stalking and works toward ending this violence in the communities we serve. The service area is all of **Umatilla** and **Morrow** Counties.

THE IMPACT OF STRANGULATION

Domestic Violence Services, Inc.

*Serving Umatilla & Morrow
Counties Since 1977*



Safety, Help, & Hope

**24 - HOUR CRISIS LINE
1 - 800 - 833 - 1161**

What is Strangulation?

Strangulation occurs when external actions impede normal breathing or blood circulation. This could be due to pressure applied to the throat or neck, blocking or covering the mouth or nose, or applying pressure to the back or chest.

Strangulation is often referred to as “choking”, but it is very different.

Choking is caused by internal blockages such as food and is often accidental. Strangulation is an intentional and serious form of abuse and assault. Strangulation stops blood and oxygen from going to the brain. This can result in serious and even fatal injuries hours, days, or even weeks after the assault. There may be serious health concerns, even if there is no immediate bruising or pain.

Create a safety plan that includes follow up care for strangulation.

Talk with an advocate to come up with a new safety plan if strangulation has come up in your relationship.

Strangulation and Domestic Violence

Strangulation in the context of domestic violence is especially concerning and dangerous. People who have been strangled by an intimate partner or family member are at greater risk for fatal violence in the future.

Survivors of domestic violence strangulation are encouraged to seek medical treatment for strangulation, even if they do not want to pursue criminal charges. The medical attention could save their life.

Strangulation and Sexual Assault

Strangulation can also occur in the context of sexual assault. Whether the perpetrator is known to the survivor or not, strangulation can still have a great impact on recovery. If you choose to have a sexual assault examination completed, you can disclose the strangulation to the medical provider at that time. If you choose not to have a sexual assault exam completed, you can still go to seek treatment for strangulation.

Early detection and treatment of strangulation effects can save a life!

After care for Strangulation

Medical treatment is strongly recommended after an incident of strangulation. Assessment cards are available at your local advocacy center to help medical professionals effectively detect and treat serious symptoms of strangulation.

Immediate medical treatment can help spot or prevent further issues.

Initial symptoms of strangulation may not present themselves until hours, days, or even weeks after the assault.

In the weeks following strangulation be on the look out for the following symptoms:

- ◆ Sore throat
- ◆ Neck pain
- ◆ Dizziness
- ◆ Fainting
- ◆ Drooling
- ◆ Seizures
- ◆ Hoarseness
- ◆ Any bruising
- ◆ Ringing ears
- ◆ Memory loss
- ◆ Incontinence
- ◆ Miscarriage
- ◆ Bloodshot eyes
- ◆ Changes in mood
- ◆ Changes in sleep
- ◆ Changes in vision
- ◆ Loss of consciousness
- ◆ Tongue discolored
- ◆ Issues swallowing
- ◆ Nausea/vomiting
- ◆ Trouble breathing

Seek medical attention if any of these symptoms are present.