

# You Are Not Alone

## Domestic violence can happen to anyone.

Violence and abuse can happen to anyone regardless of gender, age, ethnicity, race, ability, citizenship status, or other identity. Physical, verbal, or sexual abuse is not acceptable, regardless of the relationship. The victim is not to blame, no matter what happened. After abuse starts, it often escalates. Taking steps to stop it can be difficult, but know that you are not alone. There are resources available. Baystate Health, your family, friends, community groups, doctor, local police department, hospital or clinic can help you.

### Resources and Support for Baystate Health Team Members

#### BH Policy BH-HR-900



Baystate health is committed to supporting employees and their family member(s) who have experienced domestic violence and other forms of abusive behavior. See [The HUB> Policies> BH-HR-900](#).

#### Confidential Counseling and Support Creating a Plan of Action



Baystate’s Worklife and EAP Support services are 100% confidential and available to you and your household members. Along with speaking with a therapist who can assist with immediate and longer term needs, specialists identify local and nationwide domestic violence hotlines who can assist you with a safety plan. Specialists also do the work of coordinating a host of resources on your behalf. This includes locating housing, financial assistance, clothing, food, shelters, childcare, schools, counseling, and support groups. Call Magellan Health 24/7: 1-800-888-6332

#### Protected Leave Time



In the event that you need to be absent from work, all team members are eligible to take up to 15 days of leave from work in a 12-month period of time to address needs associated with domestic violence. See [The HUB> Policies> BH-HR-900](#).

#### Baystate Security



Baystate’s Security department is available to help by maintaining copies of restraining orders and other pertinent documentation, assisting with safety planning, liaising with local police and assisting with court resources.  
 BMC (Springfield) 413-794-5534 or internal ext. 4-HELP (4-4357)  
 BFMC (Greenfield) – 413-773-2523 or 413-773-2572 (Supervisor)  
 BMLH (Ware) – 413-967-4843 (Pager) or (413) 967-6211 and request Security  
 BWH (Palmer) – 413-370-5154  
 BNH (Westfield) – 413-571-0000 for Operator and request Security

#### Community Resources



##### National Hotlines:

National Domestic Violence- 800-799-7233 ( Deaf - 855-812-1001)  
 Gay Men’s Dom. Violence – 800-832-1901

##### Additional Resources

BH Family Advocacy Ctr.- 413-794-9816  
 DCF-Child at Risk Hotline – 800-792-5200  
 Victim & Witness Assistance- 413-586-5780

##### Massachusetts Resources

Massachusetts Hotline-877-785-2020  
 MA Office for Victims Assis. 844-878-6682  
 Womanshelter Compañeras – *Holyoke*- 413-536-1628  
 YWCA- *Springfield* -800-796-8711  
 NELCWIT- *Greenfield*- 413-772-0806  
 Safe Passage- *Northampton*- 888-345-5282  
 Eliz.Freeman Ctr- *Pittsfield* -866-401-2425