

Domestic abuse is most likely to occur within intimate couples who are married, living together, or dating, but it also includes stalking, elder abuse, and commercial sex trafficking.

While 85% of domestic violence victims identify as women, it happens to people of all genders, sexual orientations, ages, races, nationalities, religions, and economic statuses.



We believe every individual has a right to live in safety and without fear of abuse.

If you think you may be experiencing abuse or want to support someone who is, call our confidential

24/7 Helpline, 1-800-315-5579.

You do not have to be in crisis to call, nor do you have to leave your relationship.

Since 1993, NextStep has offered free, life-changing services within our community. If you think you may be experiencing abuse or want to support someone who is, please call our confidential 24/7 Helpline, 1-800-315-5579.



ELLSWORTH

P.O. Box 1466
733 Bangor Road
Ellsworth, ME 04605
Office: 207-667-0176

MACHIAS

P.O. Box 303
23 Broadway
Machias, ME 04654
Office: 207-255-4934

NextStepDVProject.org
info@nextstepdvproject.org

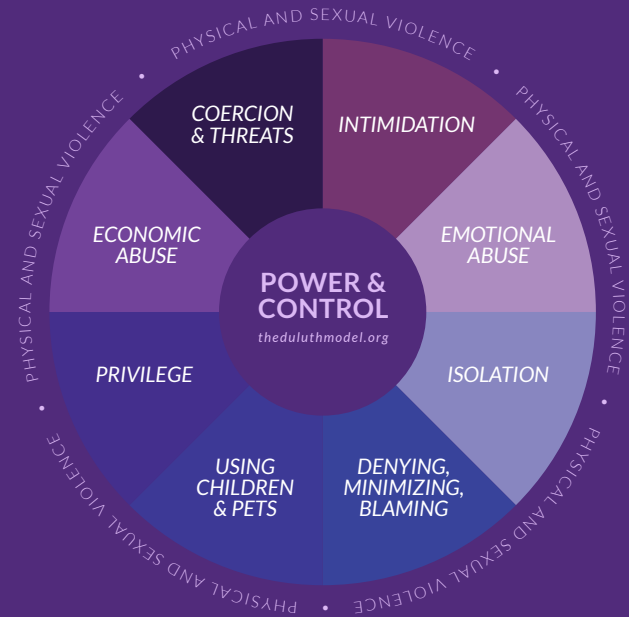
NextStep is a member of the statewide network Maine Coalition to End Domestic Violence.



24/7 Helpline
1-800-315-5579
Línea telefónica de Ayuda

State language for interpreter. Dial 711 for TTY.
Diga idioma para interprete.
Marca 711 si tiene problemas de audición.

Domestic violence is defined as patterns of behavior in a relationship used to gain power and control over a partner.



It can sometimes be difficult to know whether you are being abused, especially if your partner or caregiver says they love you, showers you with attention, buys gifts, and contributes to household expenses.

They may or may not be physically abusive. People who are abusive will often act loving and supportive as a way to keep you in the relationship.

Your partner's loving behavior never makes their abusive behavior acceptable.

Discover what abuse looks and feels like on our website: NextStepDVProject.org

For more than 25 years, NextStep has helped thousands of survivors throughout Downeast Maine and beyond regain control and take their first steps toward a life free from abuse.

We advocate for your well-being, regardless of your difficult decision to stay in or leave a relationship where there is abuse. We understand the complexities you face.

Access our safety planning, one-on-one advocacy, support groups, and legal help. If you need a safe place to stay, we have a free emergency shelter and long-term supportive housing that may be available as you get back on your feet. Our team can assist you to find transportation, pet and child-care, financial planning, and community referrals along your healing journey.

We do not work alone.

NextStep is part of a statewide network of Domestic Violence Resource Centers working together as members of the Maine Coalition to End Domestic Violence. We have counterparts throughout the United States and around the world.

We network with law enforcement personnel in order to ensure abuser accountability and victim safety. For the safety of survivors, we also monitor abuser education groups.

We need your help.

Volunteers are an integral part of NextStep's service delivery, as Helpline Advocates, Court Advocates, Childcare Providers, Community Ambassadors, and Board Members. We could not be as effective at our critical response throughout Hancock and Washington Counties without your help.

A domestic violence assault is reported to Maine law enforcement every 2 hours. This abuse lessens the collective safety and well-being of our children, our neighbors, our places of work and worship. As federal and state funding for domestic violence programs is cut year after year, we urge you, our community members and businesses, to donate in support of this critical work.

**Learn more about domestic violence, get involved and donate online:
NextStepDVProject.org**

Feel supported, every step of your journey.

24/7 Helpline 800-315-5579

Connect with a trained advocate who will listen, judgment-free, and help you understand the next steps for you. You do not have to be in crisis to call, nor do you have to leave your relationship. All calls are confidential.

Emergency Shelter

If you are fleeing domestic violence and need a safe, supportive place to stay, our free emergency shelter may be available for you, alone or with your children and pets. The shelter is open year round, and your stay will remain confidential.

Legal Assistance

As a survivor of intimate partner violence, dating violence, stalking or sex trafficking, you have legal rights and options for protection. Our Legal Advocacy team may be able to represent you in court or give counsel on your legal situation at no cost to you.

Supportive Housing

Regardless of your gender, sexual orientation, age, race or religion, we can help you find safe, affordable housing. Our own family and pet-friendly units may be available. Achieve the independence and stability you need and deserve.

Support Groups

Our free, weekly support groups led by a trained NextStep team member, provide a safe and encouraging place to consider the effects of abuse on your life. Groups are regularly held in both Washington and Hancock Counties.

Community Education

Knowledge is power. We provide education, training, and workshops at no cost to your group, organization, school, church or workplace on a variety of topics to expand community awareness of domestic violence.