

Gather Information: What Can I Do During the Investigation

An After-Abuse Easy Reader for Missourians with Disabilities



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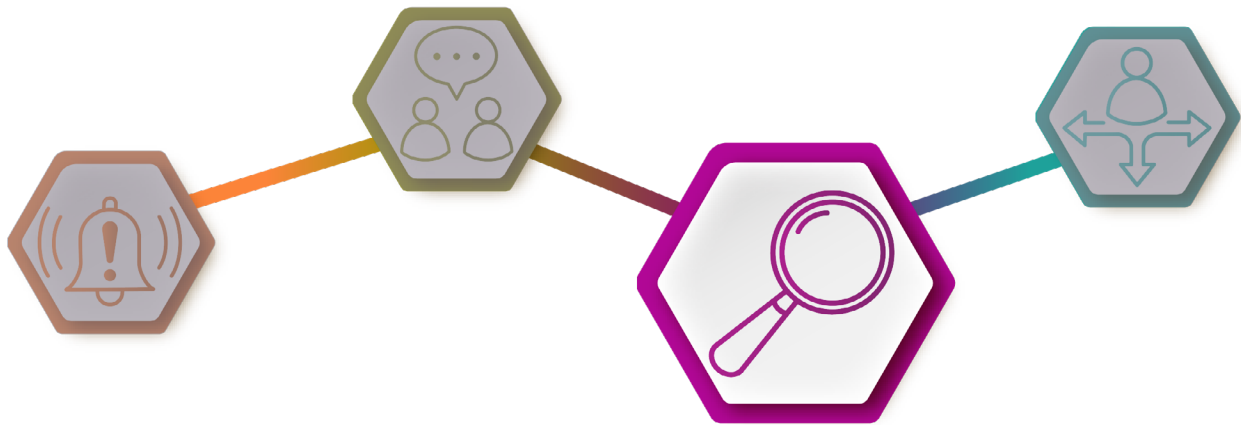


What is This and Who is it for?

This Easy Reader is one in a series of four booklets.

They are meant to help you learn about what happens after abuse.

This Easy-Reader, **Gather Information: What Can I do During the Investigation**, is to help you know what will happen after you have reported abuse and things you can do during the investigation to take care of yourself.



Gather Information

Using This Easy Reader



Easy Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

What is an Investigation?



When someone has been abused, a report is often made.



The next step is to find more information about what happened.



This is called an investigation.

How Long Will It Take?



Sometimes the investigation can be really short.



Sometimes it goes on for a long time.



Most take between 30 to 60 days.

How Long Will It Take?



That may seem like a long time.



It can feel like a whole lot of waiting.



There are some things you can do while you wait for the investigation to end.

Order of Protection



One thing you can do is ask for an order of protection.



It tells the person who hurt you not to talk to you or come see you. If they do, they can get in trouble.



Getting this can help you feel safer.

Order of Protection



An order of protection comes from a court.



You can ask someone to help you with this.



A good person to ask for help is a victim advocate.

Mental Health Counseling



Another thing you can do is get mental health counseling.



A counselor is someone you can talk to about what happened to you.



You can talk to them about how the abuse is affecting your life.

Mental Health Counseling



You might still be having a lot of feelings about what happened.



You can talk to the counselor about your feelings.



They will not tell other people about the things you say.

Support Group



Another thing you can do is go to a survivor support group.



This is a place to meet and talk with other people who are survivors of abuse.



You can talk about your feelings and how what happened has affected your life.

Take Care of Yourself



No matter what you do in this phase, it is important to take care of yourself.



If you feel unsafe, call or tell someone.



Talk to someone about your feelings and how you are doing.

Resources

Police

Call 911 if you are in danger right now or if you think someone broke the law.

Suicide and Crisis Lifeline

Call 988 if you need to talk right away to a mental health counselor about how you're feeling.

SAMHSA National Helpline

Gives 24/7 referrals to local mental health services, support groups, and community-based organizations. Call **800-662-HELP (4357)** or **TTY: 800-487-4889** to get mental health help.

Missouri Coalition Against Domestic and Sexual Violence

Can help you find a local victim advocate who can help with things like an Order of Protection. Click on your location on the map to find agencies near you. mocadsv.wpengine.com/how-to-get-help/

To learn more, check out the other booklets in this series.



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Find more tools and resources at
afterabuseMOguide.com

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