Domestic abuse occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn’t “play fair.” Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you. Domestic violence does not discriminate. It happens among heterosexual and in same-sex partnerships. It occurs in all age ranges, ethnic backgrounds and economic levels. Physical or sexual assault and battering is a crime, whether it occurs inside or outside of the family. The police have the power and authority to help you break the cycle of violence.

Students and those who work at Mesa College are encouraged to take advantage of resources created to help victims of domestic violence. Counselors, health professionals and police are ready to offer help, information and assistance.

**SDCCD/San Diego Mesa College Resources:**

- SDCCD Police Emergency: 619-388-6405
- SDCCD Escort Services 7 a.m. to 11 p.m. Mon-Fri: 619-388-6405
- Mesa College Student Health Services: 619-388-2774
- SDCCD Women’s Rape Aggression Defense training: 619-388-2749
- SDCCD Employee Assistance Program: 888-625-4809

Areas where anyone is welcome to discuss situations that they may be afraid to discuss otherwise: Counseling MV24, 25, 26; Police Q100; Student Health Services: L-504

**SDCCD Police Website:** [http://police.sdccd.edu/violentcrimes.htm](http://police.sdccd.edu/violentcrimes.htm)

**Community Resources:**

- San Diego Police Dept: 619-531-2000
- Domestic Violence Center: 858-272-1767
- Battered Women’s Services: 619-234-3164
- Center for Community Solutions: 858-272-1767
- Rachel’s Women’s Center/Night Shelter: 619-696-0873
- San Diego DV Hotline: 888-385-4657
- National Teen Dating Abuse Hotline: 866-331-9474 TTY 866-331-8453
- National Domestic Violence Hotline: 800-799-7233 TTY 1-800-787-3224

There are numerous state and federal laws and legislation to protect women. For a full list of resources and information, please see [www.womenshealth.gov/violence](http://www.womenshealth.gov/violence).

The SDCCD Police Department has adopted a community policing philosophy. This is provided as a service to help you stay safe on our campus and have a positive educational experience.

**NEED MORE INFORMATION?**

Visit us at: [http://police.sdccd.edu/](http://police.sdccd.edu/)

Immediate police officer assistance: Police Dispatch Center at 619-388-6405

San Diego Mesa College, 7250 Mesa College Drive, San Diego, CA 92111-4998