

No one ever expects to have to lock themselves in their bathroom and call 911 because their fiancé has just assaulted them, but that is where I found myself one night in early January 2020. Waiting for the police to arrive, then hearing the click of the handcuffs on his wrists meant I was safe for the night, but what about tomorrow and next week, or next month? Would I have to move me and my children out of the house immediately? Would he be coming home? What could I do to gain control over the situation and make a plan for my future without him in it?

I called Caring Unlimited the next morning and I was met that afternoon at the York County Courthouse by a Court Advocate who sat down with me and walked me through the process of filing a Protection From Abuse order. Soon after I was able to speak with their attorney who represented me in and out of court so I didn't have to face my abuser. I was kept in the loop every step of the way, and treated with kindness and respect.

I am one of the lucky ones who was able to leave their abuser, but I know there are many more women like me who will continue to need help just like I did.

Funding for programs and services for survivors of domestic abuse is essential. I don't know how I would have been able to handle any of what I had to go through on my own.

Elizabeth Mott