

For many, this may be the first involvement with law enforcement or the judicial system. As with any situation, education and information about how the judicial system operates can assist the victim and their family in the reduction of trauma.

The Victim Assistance staff can inform you about who to talk with and can help you contact the appropriate people. Many researchers have concluded that it is important to the recovery of the victim that he/she becomes positively involved with the police and prosecution.

Remember, involvement in a traumatic event can produce upsetting responses such as disturbed sleep, diminished appetite, and difficulty concentrating. These responses will likely subside with time.

A strong emotional response to a traumatic event is not abnormal. However, if the victim feels he/she is not healing or is still feeling overwhelmed by what happened, it may be good to at least consult with an experienced counselor who will be able to assess the severity of the symptoms, provide some feedback or suggestions and give appropriate directions. Often, your employer or health insurance carrier can assist you in identifying a counselor or mental health provider.

Resource and Referral Information
El Mirage Non-Emergency (Police)
(623) 933-1341

Crisis Hotline
602-222-9444

Teen Lifeline (Teen Crisis Hotline)
(602) 248-TEEN (8336)

Domestic Violence Shelter Screening
480-890-3039

Jewish Family & Children Services
(Counseling)
(623) 234-9811

Catholic Social Services
(Counseling)
602.749.4405

A New Leaf
(Counseling)
623-934-1991

EMPACT
(480) 784-1500

Community Information & Referral
211

Maricopa County Sheriff Office/Victim Notification Unit
(For Victims Only: Offender Booking & Release Information)
602-876-8276

Maricopa County Attorney's Office
Victim Compensation Bureau
(602) 506-4955

El Mirage Police Department
Victim Assistance Unit
12401 W Cinnabar Ave
El Mirage, AZ 85335
623-500-3090

Personal Crime Victims

**City of El Mirage
Police Department**

Victim Assistance Unit



What is considered a person crime?

Person Crimes are crimes that involve physical or threat of physical injury or harm.. Examples include:

- **Assault • Aggravated Assault**
- **Harassment • Threatening/Intimidating**
- **Violation of a Court Order**
- **Endangerment • Robbery**
- **Disorderly Conduct**

Assault is when someone

Aggravated Assault is when someone

Harassment is when someone

Threatening/Intimidating is when someone

Violation of a Court Order is when someone disobeys a lawful order from a court.

Endangerment is when someone

Robbery is when someone takes something you own from you by force or by threatening you. Because of the use or threat of force, robbery is considered a violent crime (even if you are not physically hurt in the act).

Disorderly Conduct is when someone

What are some mental and emotional responses to traumatic events?

- Embarrassment
- Feelings of guilt
- Intrusive thinking
- Nightmares
- Mood swings
- Difficulty concentrating
- Forgetfulness or memory lapses
- Difficulty showing emotion
- Inability to make decisions
- Disinterest in previously valued activities
- Exaggerated startle reflex

What Can You Do for Yourself?

There are many things you can do to cope with traumatic events such as:

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy person for support, and talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.

- Recognize that you cannot control everything.
- Recognize the need for trained help and call a local mental health center.
- Refrain from alcohol or other substances. These tend to numb the feelings and may increase recovery time.

What Can You Do for Your Child?

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts without making judgments.
- Return to daily routines.

If things don't seem to be getting better within a few weeks, consider seeking outside resources for support.

Orders of Protection & Injunctions Against Harassment

If you have been or may become a victim, you can seek an Order of Protection or Injunction Against Harassment at any Municipal Court, Justice Court or Supreme Court. If there are any pending legal actions for maternity, paternity, annulment, legal separation or dissolution of marriage, the protective order must be sought through the Superior Court.

El Mirage Municipal Court

623-815-2186

Maricopa County Justice Court

602-372-2000

Maricopa County Superior Court

602-372-9400