

# PRESS RELEASE

## CONTACT INFORMATION:

HM3 Advocate, Inc.

Stephanie Harris, Public Relations

Phone: (248) 409-8584

HelenMarie Majer McCracken, Founder

Phone: (520) 413-4404

Email Address: [hello@hm3.me](mailto:hello@hm3.me)

## RELEASE DATE:

**Immediate Release**



## HM3 ADVOCATE, INC. 501 (c)(3) TRANSFORMING VICTIMS OF ABUSE

*A holistic approach for empowering domestic violence survivors in southern AZ*

**Tucson, AZ, May 12, 2020** — After several years in the making, HM3 Advocate, Inc. officially launches its mission in Tucson, Arizona. We are dedicated to voicing a solution for domestic violence victims and their children in Southern Arizona. Although domestic violence has been given more attention recently, it is still a very hushed topic carrying many stigmas. Breaking the cycle of abuse, begins, by breaking the silence.

HM3 is here to assist domestic violence victims (angels) through community & court advocacy, life coaching, education, legislation promotion and providing other needed resources. Our unique approach, is a more holistic approach, for assisting survivors to leave the abuse safely and begin anew. We will provide the survivor with the tools needed to learn, heal and grow.

Domestic Violence, as defined by the NCADV (National Coalition Against Domestic Violence), *“is the willful intimidation, physical assault, battery, sexual assault, and/or any other abusive behavior as part of a systematic pattern of power of control perpetrated by one intimate partner against another. This includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.”*

Have you ever felt afraid to go home? Just sick to your stomach at the thought of it? Then when home, you feel like you are walking on egg shells waiting for the other shoe to drop? The next outburst? Feeling fearful to close your eyes at night to go to sleep because you're afraid for your life? These are a few examples of what victims face in an abusive relationship.

The COVID-19 pandemic has heightened stress levels as well as negatively impacted the well-being of domestic violence victims and children whom are trapped at home with their perpetrators. In addition, domestic violence hotlines have experienced an unprecedented number of calls over the last 3 months.

Together with volunteers, we look forward to achieving our mission of providing the best resources possible for our “angels” for decades to come.

Join HM3, as we alter the way communities grow and heal through domestic violence [www.HM3.me](http://www.HM3.me).

If you need immediate help, please call 9-1-1 or contact one of these partnering organizations Arizona Coalition to end Sexual & Domestic Violence (602) 279-2900 or (800) 782-6400, TTY (602) 279-7270 National Domestic Violence Hotline (800) 799-7233, TTY (800) 787-3224 or National Sexual Assault Hotline (800) 656-4673. ###