



**You are not alone.**

We believe in your strength and courage as a survivor. 180 offers hope and support as you overcome domestic violence and sexual assault. Our caring and experienced counselors will listen, discuss your options, and provide resources to guide you.

**You can have a fresh start.**

You are not to blame for your experience of abuse. You and your family deserve to live your life free of fear and full of promise. Together, we'll create your pathway to safety, healing, and independence.

**We can begin together.**

We are here for you when you're ready. Our comprehensive support services are free and confidential, including 24/7 hotlines, counseling, legal advocacy, emergency safe house, and art, play, drama & music therapy for children.

**DOMESTIC VIOLENCE:**

Call (888) 843-9262

**SEXUAL VIOLENCE:**

Call (888) 264-7273

**DEAF & HARD OF HEARING:**

Text (732) 977-2832

**2NDFLOOR® YOUTH HELPLINE:**

Call or Text (888) 222-2228

**FAMILY JUSTICE CENTER:**

Call (732) 264-4360 ext. 5000

**MAIN HEADQUARTERS**

1 Bethany Road  
Building 3, Suite 42  
Hazlet, NJ 07730  
(732) 264-4111  
Fax: (732) 264-8655



180 Turning Lives Around, Inc. is a registered 501(c)(3) non-profit organization and receives financial support from individuals, government and civic agencies, faith-based organizations, corporations, and foundations. Gifts to 180 are tax-deductible to the full extent possible under IRS regulations. Visit [www.180nj.org](http://www.180nj.org) for more information about our funders and how you can support 180.

**180** Turning  
Lives  
Around



**Understanding the  
Signs of Strangulation  
(Choking)**

**180NJ.ORG**



Strangulation is a serious act of violence, and it is important to know the signs and symptoms. Acts of strangulation should not go unreported. A person who commits the act can be charged with Aggravated Assault.

## Losing Consciousness

Strangulation frequently results in the loss of consciousness due to a blocked airway, carotid artery, or jugular vein. Consciousness may be regained if pressure is released within ten seconds. However, brain death will occur if strangulation continues for four to five minutes.

### Neurological/ Behavioral Changes:

Loss of Memory/Amnesia, Loss of Consciousness, Loss of Sensation, Extremity Weakness, Difficulty Speaking, Fainting, Involuntary Urination or Defecation, Vomiting, Dizziness, Headaches, Restlessness, Combativeness, Difficulty Concentrating, Agitation, Post-Traumatic Stress Syndrome, Hallucinations, Restlessness, Combativeness

## Monmouth County's Strangulation/ Smothering Evaluation Team (SSET)

If someone has been choked or strangled, call the police or go to the nearest hospital Emergency Room for assistance. The Monmouth County SSET includes Forensic Nurses, Domestic Violence Response Advocates, and specially trained Law Enforcement Officers and offers 24/7 assistance to victims, including information, safety planning, and medical evaluations, as needed.

## Signs and Symptoms of Strangulation

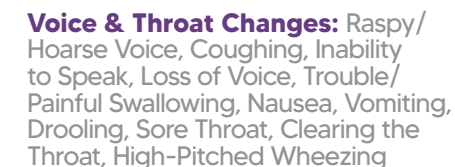
**Head & Scalp:** Petechiae\*, Bald Spots from Hair Pulling, Bump from Blunt Force Trauma or Falling, Concussion, Skull Fracture

**Face:** Petechiae\*, Slightly Red/Florid, Scratch Marks, Facial Drooping, Swelling

**Eyes & Eyelids:** Petechiae\* on Eyeball/Eyelids, Bloodshot Eyes, Vision Changes, Droopy Eyelid

**Under Chin, Neck, Chest & Shoulders:** Redness, Scratch Marks, Bruise(s) Made by Thumbs or Fingers, Abrasion(s), Fingernail Impressions, Swelling, Ligature Marks, Neck Pain

### **Breathing Changes:** Difficulty Breathing, Inability to Breathe, Hyperventilation



**Ears:** Ringing Sound, Petechiae\*  
on Earlobe, Bruising Behind the Ear,  
Bleeding from the Ear

**Nose:** Bloody, Broken, Petechiae\*

**Mouth:** Bruising, Swollen  
Tongue/Lips, Cuts/  
Abrasions, Petechiae\*

**Fingertips:** Faint Circular/  
Oval Bruises

\*Petechiae - Red Spots

## Observing Changes

Documenting the evidence of strangulation will help establish physical evidence, determine the severity of the injuries caused by the assault, and increase the victim's credibility. Victims, especially those who are pregnant, should also seek medical attention if they experience any of the following symptoms: Difficulty Breathing, Speaking, or Swallowing; Nausea; Vomiting; Light Headedness; Headache; Involuntary Urination or Defecation. A medical evaluation may be crucial in detecting injuries & saving a life.

### How:

For several days after the assault, document the injuries through photographs and monitor signs & symptoms by recording the following information:

[illegible]