

# Are you a Victim of Domestic Abuse? Get Help Here

If you or someone you know is experiencing domestic abuse, these resources offer safe and confidential ways to get help.

Use QR Code to View  
Reference



<https://www.thehotline.org/>

## National Domestic Violence Hotline

- Free, confidential help 24/7 by phone (1-800-799-SAFE), chat, or text (“START” to 88788).
- Expert advocates who provide crisis intervention, personalized safety planning, education, and referrals to shelters, legal help, counseling, and more.
- Provides crisis help, safety planning, and connections to local shelters, legal aid, and counseling.

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<https://www.justice.gov/ovw/domestic-violence>

## Office on Violence Against Women (OVW)

- Federal office under the Department of Justice.
- Funds programs nationwide to prevent and respond to domestic violence, sexual assault, and stalking.
- Offers a state-by-state guide to local services but does not provide direct crisis help.

