



Reclaim
Foundation

Domestic Violence Resources

NOTE: This content contains topics such as violence and abuse. Take A Break from reading the material as needed.

Hotlines

To talk to someone anonymously regarding your options for finding safety and references to supporting organizations, hotlines are a great option. Hotlines can provide: Crisis intervention. Domestic violence education. Safety planning Directly connecting callers to Service Providers such as local shelters. Referrals to agencies that provide legal, economic self-sufficiency, sexual assault, elder abuse, children's and other related services.

Hotline Resources

National Domestic Violence Hotline

- Call 24 hours a day, 7 days a week. They can help
- you in more than 100 languages. It is free and
- private.
- Call 1-800-799-SAFE (7233)
- Video Phone Only for Deaf Callers 206-518-9361
- Text “Start” to 88788

National Center on Domestic Violence, Trauma & Mental Health: Call 1-312-726-7020 ext. 2011

National Dating Abuse Hotline: Call 1-866-331-9474



Reclaim
Foundation

State and Local Resources

There are many non-governmental organizations, government agencies, and family organizations that victims can turn to. These services include:

Shelter: Short-term Emergency, Transitional Housing

Legal: Case Management, Legal Representation, Protective Orders

Childcare Help/ Parenting Education

Counseling: Support Groups, Individual Counseling for Children and Parents

How to Find Your Local Resources

<https://www.thehotline.org/get-help/domestic-violence-local-resources/>

- Directory of all types of resources listed above filtered by state, city, services for special populations.

www.DomesticShelters.org

- Allows anyone in the U.S./Canada to find nearby domestic violence programs and shelters.