How to Ask for Help with Domestic Violence



Domestic violence can happen to **anyone** – young or old, rich or poor, and from any ethnic background. The abuse may be physical, sexual, or emotional.

The abuser is usually a husband, boyfriend, or partner. But sometimes men are abused, too. Any kind of abuse is harmful.

The abuse is **NEVER** your fault.

Domestic violence is a crime.

Even if the abuse happens at home, domestic violence is against the law.

Take the first step...

Ask for help. Day or night. 24/7.

Call the Hotline: **800-799-SAFE** (7233)

What if I am too afraid to ask for help?

It is very hard to talk about domestic violence, especially if you are afraid or ashamed. When you call a hotline, the person you talk to will understand this.

Will the hotline give my information to the police?

No. Everything you say on the hotline is private.

If you are not ready to leave the abuser,

The hotline will:

- Listen to you,
- · Answer your questions,
- Explain how to keep you and your children safe, and
- Refer you to resources in your area that can help you when you are ready.

If you are ready to leave the abuser, the hotline can help you:

- Find a women's shelter for safe, temporary housing
- Apply for money to rebuild your life
- Get a court order that protects you from the abuser

What kind of help can they give me?

They can help you with many things, including:

- Getting a protective order
- Going to court
- A safety plan

What kind of help can I get for my kids?

Your local agency will help you and your kids get:

- Counseling
- Emotional support
- Support groups, guidance, and referrals
- Food and clothing
- A job and a place to live

Do I have to pay for the help they give me?

No. Domestic violence services are free. They will help you and your children at no charge.

What if I am not here legally?

Anyone in the U.S. can get help. It doesn't matter if you are a legal immigrant or not.

Domestic violence victims who are not here legally can apply to become a legal resident. Your local domestic violence agency can help you with this, if you want them to.

What if I don't speak English well?

If you don't speak English well, an interpreter can help you.

Where can I get help?

Visit: www.thehotline.org

Warning! If you use a computer at home, other people will be able to see the web sites you have visited. If you need a safe computer, go to a friend's house, a public library, or an Internet café.

Call 911, if you are in danger now.

Or call the National Domestic Violence Hotline:

800-799-SAFE (7233)

TTY: 800-787-3224

It's free and private, and they can help in *any* language.

