



Domestic violence guidebook

Resources *for* Living®



Almost 24 people experience physical abuse or stalking by an intimate partner each minute.¹ This guidebook offers information so you can recognize the signs of domestic violence and get help.

You are not alone.

¹[National statistics](#). National Coalition Against Domestic Violence. Available at: [Thehotline.org](https://www.thehotline.org). Accessed July 2024.

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Abusive relationships — recognize the signs



Partners who abuse tend to have certain traits. Often, there are signs before abuse begins. Seeing abuse patterns before they happen can help victims get out of the relationship early.

Recognize the warning signs

Early on, an abusive partner often:

- Tries to keep the victim from friends and family
- Gets easily offended
- Is quick to blame others
- Acts controlling
- Wants to be with the victim all the time
- Has unrealistic expectations
- Sweeps the victim off their feet with a whirlwind romance

And abusive actions are often disguised as ways to “love” or “protect” the victim. How do you know your relationship is abusive? The biggest red flag is if you feel afraid of your partner in any way. Do you feel like you have to walk on eggshells? Are you always trying to keep your partner calm and happy?

And here are some other signs:¹

| Your experience: | Your partner's actions: |
|---|---|
| Do you feel afraid of your partner? | Does your partner humiliate or yell at you? |
| Do you avoid certain topics because you don't want to upset your partner? | Does your partner criticize you or put you down? |
| Do you feel like you can't do anything right in your relationship? | Would you be embarrassed for your friends or family to see the way your partner treats you? |
| Do you believe you deserve to be hurt or treated poorly? | Does your partner blame you for any abusive behavior or outbursts? |
| Do you feel like you have to shut down your feelings to cope? | Does your partner treat you like an object or like property? |
| Do you feel like maybe you're the one who's at fault? | Does your partner ignore or belittle your opinions or the things you accomplish? |

Physical abuse

Physical abuse is about more than hitting or punching. It includes behavior that puts a person in danger. Even if it seems minor or happens one or two times, these actions are part of physical abuse:

- Hitting
- Damaging property
- Kicking
- Withholding resources
- Pinching

Emotional abuse

Emotional abuse can be just as, if not more, hurtful and damaging as physical abuse.¹ It chips away at a person's sense of self. And while you may not see visible cuts, the scars it leaves are very real. Here are some examples:

- Constant criticism
- Stalking
- Name-calling
- Making and breaking promises
- Isolating a person
- Using children to control a person
- Threats to harm themselves or others
- Blackmail
- Silent treatment
- Keeping weapons around

Sexual abuse

Sexual abuse is a kind of physical and emotional abuse. Partners who abuse physically and sexually tend to be more violent.¹ Sexual abuse can include:

- Forced sex acts
- Manipulating a person into sex acts
- Accusations of cheating
- Threats to “out” a gay or transgendered partner

Economic abuse

One way for a person to control another is through money. This can make it very hard for a victim to leave. Here are some examples:

- Controlling household money
- Forbidding or sabotaging their own or others' school or employment
- Running up bills the victim has to pay
- Threats of deportation

¹Domestic Violence and Abuse. Available at: HelpGuide.Org. Accessed July 2024.



Why do abusers abuse?

There's no clear answer for why abuse happens. Abuse can be learned from families, friends, societal perspectives or beliefs and reinforced by systems of privilege. Abusers may come from their own abusive pasts. But no matter what the reason, it's not an excuse for abusive behavior. Many people go through abuse and don't go on to hurt others. Abuse is a choice someone makes. It's an attempt to control another person.

This attempt to control others may be due to a number of factors. These include:

- Having a poor self-image
- Seeing abuse as a child
- Being the victim of abuse as a child
- Using drugs or alcohol
- Having trouble with feelings

Getting out of an abusive relationship

As soon as you see your partner is abusive, end the relationship. Abusers often promise the abuse will stop or that they'll "work on it." Know that these promises are part of the abuse cycle and it will most likely continue or worsen.

Even if you love your partner very much, they won't get better alone. The person needs professional help and this work is best done while you are not together. Couples counseling is not recommended.

Domestic abuse can happen to people of every age, race, gender, religion, sexual orientation, education, culture or financial status. It's never the victim's fault.





Talk to others about your plans to leave

If you are planning to leave the abuser, talk with someone who can help you assess the safety of your plan. Consider who can help you leave. The time of leaving can be the most dangerous time of your relationship.

Call the National Domestic Violence Hotline **1-800-799-SAFE (7233)** for help. Tell people you can trust to keep it confidential — perhaps family, friends, employers or neighbors — when you are going to leave. Ask them to be alert for the presence of the abuser. Ask if they would be willing to call for help if you need it.

Feeling worried about a loved one?

Maybe you've noticed your friend's relationship doesn't seem healthy. Is it abuse? What can you do? People in abusive relationships might:

- Be afraid or anxious to please their partners
- Check in often with their partner about where they are and what they're doing
- Make very few decisions for themselves
- Withdraw from others
- Show major personality changes

If you're worried, you may not know what to do. You might feel like you're intruding. But by speaking up, you let the person know you care. Here are some tips:¹

- Ask if something is wrong
- Offer help
- Listen without judgment
- Support the person's decisions
- Show concern
- Avoid blaming or giving advice

If you want to learn more, you can visit the [Preventing intimate partner violence section](#) on the Centers for Disease Control and Prevention website.

There is hope for survivors of abusive relationships. By seeing the warning signs, recognizing abuse and getting support, help can be found.



¹[Domestic Violence and Abuse](#). Available at: [HelpGuide.Org](https://www.helpguide.org/). Accessed July 2024.

Patterns and impacts of abuse¹



Misconceptions

A common misconception when it comes to domestic violence is that it's predictable – that there's one "type" of victim and a typical "cycle" the abuse will follow.

The truth is that anyone can be a victim of domestic violence. It can impact people regardless of their gender, sexual orientation, religion, age, race, level of education, or financial or social status. Victims of domestic violence don't cause the abuse to happen, nor are they at fault for staying in the situation.

Dynamics²

The power dynamic within abusive relationships is unequal. The abuser uses tactics to exert and maintain power and control. And while there are patterns that can emerge and repeat, no two relationships are the same and abusive behavior may be unpredictable.

The Power and Control Wheel is a model created by the Domestic Abuse Intervention Project that illustrates common behaviors in domestic violence situations.² It shows that often, non-violent forms of abuse are inflicted in addition to physical and/or sexual violence. The non-violent behavior may be harder to identify as abusive but is no less harmful and in fact, helps the abuser gain more control.

This model also shows the general pattern of abuse, in which a period of relative peace or calm is often followed by a period of tension that builds up to abuse which tends to intensify over time as the pattern repeats. The timeframes for these periods can vary from one situation to the next, depending on the abuser's behavior. And as stated, the abuse can worsen with time.

Common abusive tactics that domestic violence perpetrators use on victims include:

- Threatening
- Coercing
- Intimidating
- Inflicting emotional abuse such as name-calling, belittling, humiliating
- Inflicting financial abuse such as forcing a victim to ask or beg for money, giving them an allowance, preventing them from working
- Isolating and controlling
- Downplaying concerns
- Blaming
- Involving children, such as making a victim feel guilty about the kids or threatening to take them away
- Acting like the "master of the castle" and using male privilege in other ways

Impacts

Domestic violence affects every part of a victim's life. Victims and survivors may experience or exhibit:

- Embarrassment
- Guilt and shame
- Anxiety
- Helplessness
- Depression
- Suicidal thoughts
- Isolation
- Impulsivity
- Aggression
- Emotional withdrawal
- Desire for the abuse to end but the relationship to continue
- Financial dependence on the abuser
- Lack of support
- Uncertainty about where to turn for help
- Substance misuse
- Hopefulness about their partner changing for the better
- Pressure to stay in the relationship based on cultural, religious or other beliefs
- Distrust of the court system, law enforcement, etc.
- Fear about:
 - Others finding out and judging them
 - Their children's and/or pets' safety
 - Retaliation from their abuser
 - Backlash from their community, society, extended family, etc.

Victims may go to extremes in an attempt to cope with the abuse they're experiencing. Effects of abuse can be enduring, even when a person has been able to escape an abusive relationship.



¹[Dynamics of abuse](#). Available at: [Thehotline.org](https://www.thehotline.org). Accessed July 2024.

²[Understanding the power and control wheel](#). Available at: [Theduluthmodel.org](https://www.theduluthmodel.org). Accessed July 2024.

Leaving your abuser



“Why don’t they just leave?” This is a common question when it comes to domestic violence.

But this question is flawed. Asking why the victim stays in the relationship puts the responsibility on the wrong person.

Shouldn’t we ask “Why do people abuse?”

Victims of abusive relationships can and do leave. Here’s some information that might help you understand what it means to leave and how that process can be made safer:¹

Leaving can be hard

Domestic violence is a complex issue. There are many reasons that leaving can be hard. Often, victims don’t leave because of:

- **Fear of more violence:** When a victim is trying to leave, an abuser may become more violent. They may threaten to hurt themselves, children or pets. The time victims leave tends to be the most dangerous period in their relationships.
- **Financial dependence:** Many abusers gain power by controlling all the money in the relationship. This often leaves victims with no means of providing for themselves and their children. Survivors often state lack of money as a top reason for staying in an abusive relationship.
- **Children:** An abuser may threaten to take or harm the victim’s children.
- **Low sense of self-worth:** Repeated abuse can chip away at a person’s self-worth. This can make it hard to even think about leaving.
- **False hope:** Abusers often show remorse for abuse and promise it will stop. And while victims want the abuse to end, they may not want the relationship to

end. The victim may still care about the abuser and want to believe they will change.

- **Religious or cultural beliefs:** Some religions and cultures don’t support divorce or may endorse outdated or unrealistic gender roles. These beliefs may lead a victim to stay and try to keep the family together no matter what.
- **Isolation:** An abuser might keep the victim from talking to or seeing friends and family. After losing these supports, the victim may feel even more alone. And this can make leaving harder.
- **Self-blame:** Many victims are made to feel that the abuse is their fault. Abusers might convince them that ending the abuse is up to them. But abuse is never the victim’s fault. No one deserves to be abused.

Preparing to leave

It’s not easy to end an abusive relationship. And since that can be the riskiest time, it helps to have a plan in place. Here are some steps that can help:^{2,3}

- Talk to an expert. You can call a shelter or the National Domestic Violence Hotline: **1-800-799-SAFE (7233)**. They can provide information and help you develop a safety plan.
- Record incidents of abuse, including dates and details and/or pictures of injuries. Keep this documentation and evidence in a safe place.
- Make two plans – one for how you can leave with time to prepare and the other for how you can leave if you need to get out fast.
- Save and set aside money. Open a bank account in your name or ask a trusted person in your life to hold onto it.



¹Why people stay: It’s not as easy as simply walking away. Available at: Thehotline.org. Accessed June 2024.

²Preparing to leave. Available at: Thehotline.org. Accessed June 2024.

³Safety when preparing to end an abusive relationship. Available at: Womenslaw.org. Accessed June 2024.



- If you have no personal source of income, consider finding a program that helps with education or job skills training.
- Have an extra set of car keys and obtain a new cell phone if possible. Abusers may be able to track your location, text messages, calls and more on your current phone.
- Have a list of emergency contacts, including supportive family, friends, hotlines and shelters that can help.
- Know where you can go to be safe, such as a shelter or police station.
- Practice ways to get out of your home and keep a bag packed and hidden.
- Identify safe transportation options if you aren't able to drive yourself, such as asking for a ride from a trusted person in your life; taking a cab, bus or train; or arranging for a police officer to take you to a domestic violence shelter.
- Get rid of any weapons in your home. If that's not possible, make sure they're locked away.
- If you have children, safety plan with them as appropriate. Teach them where they can go, what they can do and who they can call to stay safe in an emergency.
- Research or consult with a domestic violence advocate about your state's laws relevant to your situation. The website, **Women's Law**, also has helpful information. In abusive relationships, victims may need information about laws concerning:
 - Protective or restraining orders
 - Family and child custody
 - Immigration — if you're not a U.S. citizen, you may qualify for self-petition legal status under the Violence Against Women Act (VAWA). Learn more about your rights at the **U.S. Citizenship and Immigration Services** website or **Women's Law** website.
- Tell trusted friends and loved ones about your situation. Alert someone at your workplace if possible.
- Ask friends to care for pets if you have them, or visit the **Safe Havens For Pets** directory to search for assistance.
- Reach out for mental health support through a mental health provider, center, or your Employee Assistance Program.

What to take with you when you leave:³

Try to keep these items and any others you may need together in a place that's easy to access, so that if you need to leave quickly, you'll be ready.

- Cell phone(s)
- Chargers
- Personal identification such as a driver's license, birth certificate, Social Security card, Green Card, etc.
- Children's identification
- Medical insurance card
- Marriage license
- Divorce papers
- Copies of any court orders
- Insurance papers (for health, life, auto, etc.)
- Car registration
- School records
- List of passwords
- Money, checkbook
- ATM/debit card/credit cards
- Keys to car, house, office
- Medications you and your children take
- Medical records for all family members, including children's immunization records
- Information about your abuser which could be needed for court filings, such as social security number, license plate number
- Copies of financial documents involving you and the abuser, such as bank account information
- Login information for financial and other important accounts
- Lease or rental agreements, mortgage statement, deed to a shared house
- Clothing
- Personal care items and baby/child supplies such as formula, diapers
- Valued items and belongings that provide comfort, such as photographs

Leaving an abusive situation is hard. Reach out for help and put your safety first.

³ Safety when preparing to end an abusive relationship. Available at: Womenslaw.org. Accessed June 2024.



More about domestic violence shelters

Domestic violence shelters can provide victims with a safe place to go and get help. Many shelters provide both short- and long-term housing options. This gives victims time to recover and rebuild their lives. And some shelters offer legal services, childcare, employment help and counseling.

Learn about your local shelters. Find out where shelters are and what they offer before you leave. Here are some things to consider:¹

- Do I need a shelter within or near my current town or city in order to be close to my support network or do I need to be far away from my abuser?
- Is there space open in the shelter I'm looking into and if not, is there a waitlist? When is space expected to become available?
- Am I able to take my kids? What schooling and childcare options are available?
- Am I able to take my pets?
- Can the shelter assist me in making an escape plan? Do they have emergency transportation options?
- How long will I be able to stay?
- Will I have an assigned caseworker? Will I be able to get assistance from someone who speaks my language?
- Do they offer assistance with finding:
 - A job
 - Mental health or substance use counseling
 - Support groups
 - Transitional housing

Technology

Abusers can use technology as a means of power and control. It's important to know the ways they may use the internet and devices, so you can take any steps possible to reduce the risks. Here are some ideas:¹

- Avoid using shared computers. Know that your online activity can't ever be fully erased. Use friends' or family members' computers or those at libraries, shelters or cafes.
- Use safe browsing options on your computer, such as using a VPN and adjusting your settings to make sure other devices aren't connected to yours.

- Check that location tracking is disabled on your car, phone and any other devices. That could include services that help you find a lost or stolen car or device.
- Be aware of the potential for downloaded spyware on computers, smartphones and other devices. Consider taking them into a store to be checked and/or downloading anti-spyware software.
- Change your passwords.
- Create a new email account if you can, using a "safe" computer.
- Adjust your privacy settings on social media. Don't post personal information and ask other people not to post photos of you or information about you.
- Get a "pay as you go" phone that requires a password and isn't linked to your abuser's account.

Talking to your kids

It can feel difficult to talk to kids about what's going on at home when domestic violence is occurring. You may want to consult with a domestic violence advocate about your family's circumstances and how to communicate with your kids about the situation. But in general, here are some ideas for safety planning with kids, responding to kids' questions and concerns and navigating shared custody if that's the case for you.^{4,5}

- Communicate that their top priority is keeping themselves safe; advise them not to try to intervene if they see or hear domestic violence occurring. Discuss what to do, where to go (leaving the home if possible) and who to call if things become unsafe.
- Come up with a code word if your kids are old enough to signal that they should leave the house (or carry out other steps in the safety plan) in an emergency.
- Help them identify coping skills they can use and a room they can go to where they can be safe.
- Advise them to avoid areas in the house that could be particularly dangerous.
- Help children come up with a list of safe people they can talk to about their feelings.
- Establish support for your child, such as connecting them with a mental health counselor.
- Let your child know how much you love them and that they can always talk to you about their feelings, thoughts and questions.

¹Why people stay: It's not as easy as simply walking away. Available at: [Thehotline.org](https://www.thehotline.org). Accessed June 2024.

⁴ [Listening and talking to your child about domestic violence](https://www.nctsn.org). Available at: [Nctsn.org](https://www.nctsn.org). Accessed June 2024.

⁵ [Safety planning with children](https://www.thehotline.org). Available at: [Thehotline.org](https://www.thehotline.org). Accessed June 2024.



- Ask about what your child has seen or heard that they're concerned about.
- Follow their lead and non-verbal cues; don't give more information than they're asking for or ready for at their age.
- Validate your child's feelings.
- If you're unsure how to answer, let them know you'll get back to them and then make sure to follow through in doing so – let them know it's a good question.
- Express that none of the concerns at home are your child's fault. Reassure them of this often.
- If you're separated and share custody, create a separate safety plan for your children to use during any unmonitored time with your abusive ex-partner.
- For custody exchanges, meet in a safe, public place. Avoid your home or the abuser's home for these drop-offs and pick-ups.
- Bring a trusted person with you during custody exchanges.
- Arrange exchanges so you don't have to interact with your abuser if possible.
- Plan ahead and do something comforting before and after these exchanges, including with your children.

After leaving, it may be important to:

- Let your work and your children's school know about the situation.
- Keep a certified copy of any protective or restraining order you have with you at all times. If you've moved to a new state, register it with the courts there.
- Let friends, neighbors and others know how to help if they believe you're in danger – be specific about who they should contact.
- Get a post office box for mail.
- Install security systems at your new residence if possible.
- Change:
 - Your locks and phone number.
 - Appointments your abuser may know about.
 - Your work hours, if possible.
 - The routes you take to work, school or other places you visit.
 - The stores and other places you go to regularly.
- See the “Planning to leave” section for more safety tips.

Make sure you have the necessary identification, financial information and means, legal papers and other important items. For a list of things to take, see page 9.



Strategies for staying safe at home



Domestic abuse puts victims, children and pets in danger. Here are some ideas for staying as safe as possible while living with an abusive partner:⁶

- Identify your partner's abuse patterns (triggers, levels of force, etc.) to help you measure your risk.
- Find safe areas in your house where there are no weapons and there are ways to escape. Try to move to these areas during fights.
- Make yourself a small target during violence. Go into a corner and curl into a ball with your face protected and your head covered by your hands.
- Try to keep a phone nearby. Memorize important numbers you can call in an emergency.
- Tell trusted friends and neighbors about your situation. Come up with codes to use if you need help.
- Keep weapons locked away and hard to access.
- Avoid wearing types of clothing or jewelry that could be used to harm you.
- Come up with reasons you may need to leave the house at different times. This will help when it comes time to leave.
- Teach children or roommates how to call for help. Decide on signals or codes to use.
- Make a habit of backing your car into the driveway, keeping the driver's door unlocked if it's safe to do so and the gas tank full. This can help you make a quick escape.
- See pages 8 - 11 for more safety tips on preparing to leave and what to do after escaping an abusive relationship.

If you're experiencing domestic abuse, you're not alone. Help is available.



⁶Types of Safety Planning. The National Domestic Violence Hotline. Accessed June 2024.

Strategies for staying safe at work



You may think that domestic violence only occurs at home. But it also affects as many as 70 percent of abuse victims at work.¹ Abusers may call the workplace over and over or show up at work to harass the victim.

If you are a victim of an abusive relationship, it may be hard to tell others about what's going on. But your safety is more important than your privacy.

Staying safe

Here are some things you can do:

- **Talk to your employer.** Let your manager or human resources know what's happening.
- **Get a protection order.** Include your workplace in the order and give them a copy of it.
- **Talk to security staff.** If your workplace has security, talk to those in charge about what's going on and give them a picture of your partner and a description of their car and license plate number.
- **Keep a record.** Write down issues that occur while you're at work. Include dates and times. Keep voicemails and emails from the abuser.
- **Get an escort.** Have someone walk you to and from your car or bus stop when you come and go at work.

Asking for help

Others can only help you if they know what's going on. If you're nervous about talking to your manager or human resources, ask a trusted coworker to go with you for these conversations.

Your employer may not know what kind of help you want. Depending on your situation, here are some things you may want to ask for:

- A new work phone number
- Someone to screen your calls
- Flexible hours
- Flexibility with work arrangements
- A parking spot in a well-lit area
- A workspace that's far from visitor access or windows

Keeping people informed

Leaving an abusive relationship can be risky. Let others you trust know about your situation. Ask for help. And arrange to call someone when you're leaving and arriving in different places. You may want to come up with code words or signals to let others know if you need help.



¹Domestic violence: at risk at work. Available at: [Makeitourbusiness.ca](https://www.makeitourbusiness.ca). Accessed July 2024.

Respecting your partner



Relationships are an important part of life. But not all relationships are healthy. When one partner tries to control the other, you may be dealing with domestic abuse.

Anyone can abuse or be abused. Men, women, teens, adults, rich, poor, straight or gay — domestic violence and intimate partner rape are issues that can affect us all. Abusive relationships hurt you, your partner, children, friends and family. Without help, abuse may lead to serious injury or even death.

Why do people abuse?

Schools don't teach us how to have healthy relationships. Instead, we learn from our parents, our friends, movies and other media.

If you grew up in a home with abuse or were exposed to popular culture, you likely received messages that support domestic abuse. These ideas are wrong but they're everywhere. For example:

- Jealousy is a sign of love
- Violence is manly
- Rape can't happen in relationships
- Fighting shows passion
- People sometimes deserve to get hurt

Some people blame anger problems, mental illness or substance use for domestic abuse. But these are separate issues. They can make domestic abuse worse, but they aren't the cause.

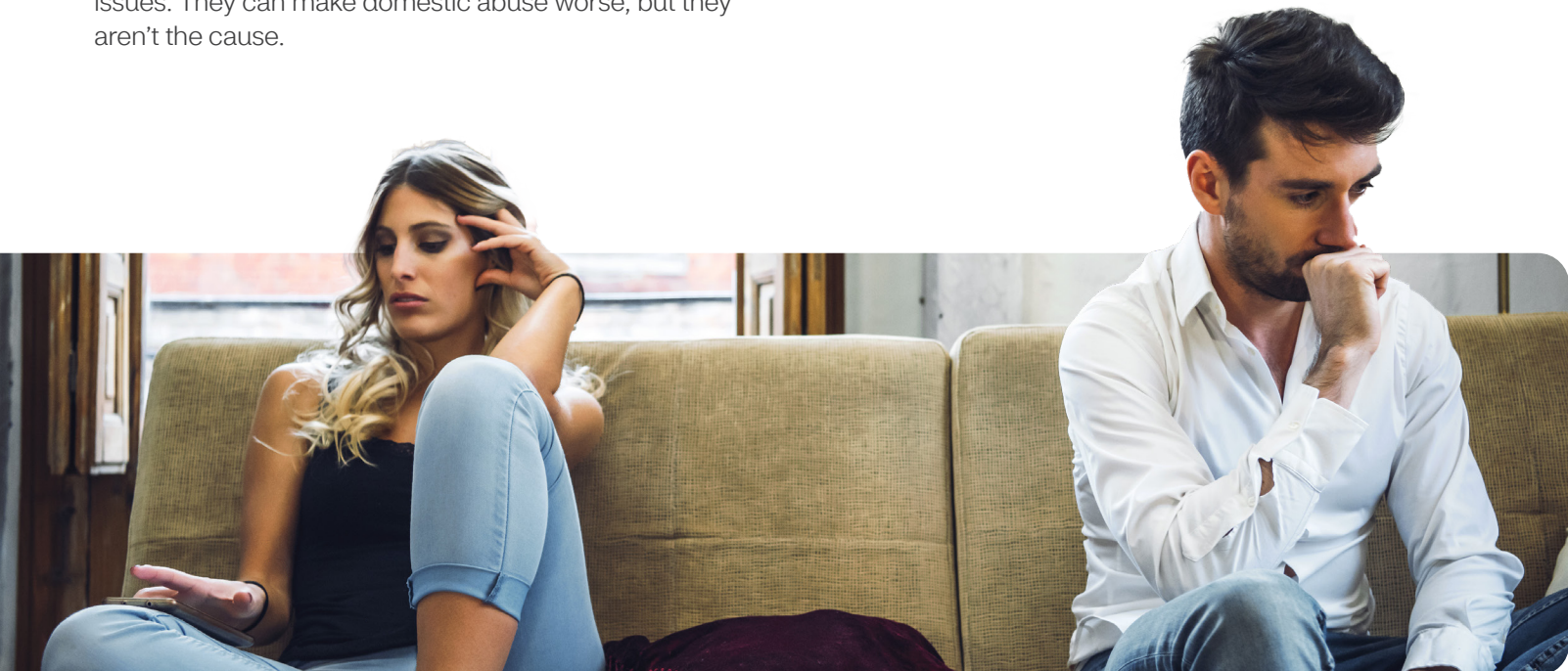
No matter what, abuse is a choice. And it's never okay. If you're ready, now is the time to undo those unhealthy lessons of the past. It's time to learn how to love and respect your partner.

The relationship spectrum

Relationships aren't black and white. They fall on a spectrum that may include healthy, unhealthy and abusive actions. But how do you know which is which?¹

- **Healthy relationships are based on respect and equality.** Both partners are safe to be themselves, say what they think and have personal privacy.
- **Unhealthy relationships lack equality and respect.** There's often low trust, poor communication and attempts to control the other person. This can lead to jealousy and tension.
- **Abusive relationships are based on a pattern of hurtful behavior.** One partner mistreats the other in an effort to feel in control. Abuse can include threats, hurtful words, physical assaults, control over money, forced sexual contact or stalking. The other person often feels scared to say or do anything that may upset the abuser.

If your relationship includes behaviors that are unhealthy or abusive, you should seek help. Are you still not sure where you fall? Take a closer look at your actions to learn more.



¹[The relationship spectrum](https://www.loveisrespect.org). Available at: [Loveisrespect.org](https://www.loveisrespect.org). Accessed July 2024.



Are your actions abusive?

Domestic abuse can look different in every relationship. And it can be hard to see your actions as hurtful when you're the one doing them. But being honest about your choices is an important first step in improving your relationship.

Find out if you're hurting your partner by looking at your actions. Do you:¹

- Get angry or jealous when your partner talks about other people (friends, family, coworkers)?
- Check up on your partner more often than needed with calls, texts or visits?
- Check your partner's phone, computer, social media accounts or belongings?
- Think your partner should ask you about who to spend time with, where to work or how to dress?
- Get angry when your partner doesn't act the way you want?
- Blame your partner for your anger, drinking, drug use or other problems?
- Express your anger by yelling, name-calling or putting down your partner?
- Let your upset feelings out by threatening to hurt your partner, yourself or someone else?
- Release your anger by hitting, pushing, throwing things or damaging property?
- Try to control all the money in your relationship or put your partner on an allowance?
- Expect your partner to be physically intimate with you when you want it?
- Feel like your emotions (happy, angry, etc.) depend on your partner's actions?

And how does your partner respond to you? Do they:¹

- Seem scared or nervous around you?
- Cringe or move away when you're upset?
- Cry because of a decision you made about what they should or should not do?
- Avoid disagreeing with you?
- Limit time with friends or family to keep you happy?

If any of these seem familiar, you may be harming your partner and your relationship.

Getting help

It might seem easier to blame your partner for your behavior. But only you can control your actions. At the end of the day, you need to take ownership for your choices.

Help is available for people who abuse. Look for a Batterer's Intervention and Prevention Program (BIPP) in your area.

Believe it or not, therapy for anger management, substance misuse or mental health issues won't help you deal with abusive patterns.² Neither will couples counseling. Abuse isn't a couple's problem. The abusive person needs to change for the relationship to have a chance to heal.

If you want to address your behavior, consider calling The National Domestic Violence Hotline at **1-800-799-SAFE (7233)**. Or **chat online**. They will:¹

- Treat you with respect
- Listen to your concerns
- Brainstorm solutions with you
- Offer to connect you with a local BIPP



¹Help for abusive partners. Available at: thehotline.org. Accessed July 2024.

²Preparing to leave. Available at: Thehotline.org. Accessed June 2024.

Domestic violence resources



The National Domestic Violence Hotline

Find information and support. You can reach trained advocates 24/7/365 for free, confidential support and resources.

Call: **1-800-799-7233/1-800-787-3224 (TTY)**

Text: **START** to **88788**

Website with chat option: [thehotline.org](https://www.thehotline.org)

Love is Respect

Love is Respect offers free, confidential 24/7/365 support, information and advocacy to people ages 13-26 and concerned loved ones. People can access inclusive services through phone, text or live chat.

Call: **1-866-331-9474/1-866-331-8453 (TTY)**

Text **LOVEIS** to **22522**

Website with chat option: [loveisrespect.org](https://www.loveisrespect.org)

No More

This foundation aims to increase awareness, inspire action and fuel cultural change with the mission of ending domestic violence and sexual assault. They offer public awareness campaigns, educational resources and community organizing tools.

Call: **1-718-614-2271**

Website: [Nomore.org](https://www.nomore.org)

Womens Law

This site provides legal information and resources for victims and survivors of domestic violence. You can find referrals, protective order information and more for each state.

Website: [Womenslaw.org](https://www.womenslaw.org)

The National Coalition Against Domestic Violence (NCADV)

The NCADV is dedicated to supporting victims and advocates of domestic violence and to holding perpetrators accountable. They provide information, ways to get involved in their mission and resources including webinars.

Website: [Ncadv.org](https://www.ncadv.org)

LGBT National Help Center

People who identify as Lesbian, Gay, Bisexual, Transgender, Queer, Intersex or Asexual (LGBTQIA+) can find free and confidential support and local resources from support volunteers who identify as part of the LGBTQIA+ community themselves. Visit their website to access different hotline numbers they offer specific to various groups.

Website: [Lgbthotline.org](https://www.lgbthotline.org)

988 Suicide & Crisis Lifeline

Access 24/7/365 free and confidential support for people in distress. The 988 website also offers prevention and crisis resources.

Call: **988**

Text: **988**

Website with chat option: [988lifeline.org](https://www.988lifeline.org)

Domestic shelters

This site provides a directory of domestic violence programs and shelters in the U.S. and Canada, along with tools and information for victims and those working to end domestic violence.

Website: [Domesticshelters.org](https://www.Domesticshelters.org)

Safe Havens Mapping Project for Pets

Safe havens are sheltering services that help victims of domestic violence find community housing placement for their companion animals when leaving/escaping an abusive situation. They offer a directory that provides options such as foster care, local humane society kennels or dedicated kennel space in domestic violence shelters.

Call: **1-202-459-2184**

Website: [Safehavensforpets.org](https://www.Safehavensforpets.org)