



Resource Guide for Survivors of Domestic and Intimate Partner Violence

*Domestic violence and gun violence are deeply interconnected, impacting millions of women, families, and communities across the US. If you or a loved one are a survivor of domestic or intimate partner violence, please know that **you are not alone, and it is not your fault**. According to the Centers for Disease Control and Prevention, nearly half of all adult women and more than 2 out of 5 men reported experiencing intimate partner violence during their lifetimes.¹ Many more will experience emotional, sexual and financial abuse. Abuse has a ripple effect, impacting children in the home, family members, neighbors, friends, coworkers and more.*

*We've compiled a list of **resources available to support you**.*

National Helplines

National Domestic Violence Hotline connects survivors and their loved ones with advocates who discuss their situation without judgment and provide care and support, making referrals when appropriate. Call **1-800-799-SAFE (7233)**, text "START" to 87788, or visit thehotline.org. Help is free, confidential, and available 24/7.

National Sexual Assault Hotline partners with trained staff members at local sexual assault services providers across the country to give those impacted by sexual violence emotional support, information, advice and referrals. Call **1-800-656-4673** or **chat online**. Help is free, confidential, and available 24/7.

Childhelp National Child Abuse Hotline is staffed by professional crisis counselors who offer crisis intervention, information and referrals. Call or text **1-800-422-4453**. Help is free, confidential, and available 24/7.

Victim Connect provides referrals to crime victims and information about their rights and options. They are open on weekdays during regular business hours and accessible by phone or text at 1-855-4VICTIM (84-2846) or **live chat**. Help is free and confidential.

988 Suicide & Crisis Lifeline offers crisis intervention services if you or someone you care about is struggling with thoughts of suicide. Call or text **9-8-8**. Help is free, confidential, and available 24/7.

Identity-Based Helplines

¹Centers for Disease Control and Prevention, 2017.

Asian/Pacific Islander Domestic Violence Resource Project provides culturally and linguistically appropriate services to Asian/Pacific Islander survivors. They have a free, confidential helpline that provides crisis intervention and referrals in 20+ languages. Call **202-833-2233** on weekdays between 9am and 6pm ET.

Love Is Respect offers teen and young adult specific support related to healthy relationships and dating abuse. Text “Lovels” to **25522** or call **1-866-331-9474** to connect with an advocate. Help is free, confidential, and available 24/7.

The Network/La Red provides support, education, and crisis intervention services for members of LGBTQ+, kink and polyamorous communities who are being abused or have been abused by a partner. Connect with the helpline by calling **1-800-832-1901**. Help is free, confidential, and available 24/7.

StrongHearts Native Helpline is a support service dedicated to serving Native American and Alaska Native survivors and concerned family members and friends affected by domestic, dating and sexual violence. Call or text **1-844-7NATIVE (762-8483)**. Help is free, confidential, and available 24/7.

The Trevor Project is available for LGBTQ+ youth in crisis by calling **1-866-488-7386** or texting “**START**” to **678678**. Help is free, confidential, and available 24/7.

Ujima provides culturally-specific referrals, education, and forums for survivors of violence across the African diaspora. Call **1-844-77-UJIMA (85462)** for information on resources available to domestic, sexual, and community violence in Black communities or visit their website.

Online Directory Tools

National Domestic Violence Hotline offers a **program directory tool** to find local assistance providers, including domestic violence shelters, case managers, counseling services and legal support by entering your zip code.

WomensLaw offers an email hotline, which provides emotional support, referrals and basic legal information related to domestic violence, sexual assault, or stalking. They also have a **search tool** that allows survivors to find local shelters, domestic violence advocates, legal assistance, locations to file an order of protection, and more.

Supporting a Loved One

National Domestic Violence Hotline has a variety of educational materials including **ways to support a loved one** in an abusive relationship, **how to start a conversation** with a loved one in an abusive relationship, and debunking common myths in abusive relationships like the idea of “**mutual abuse**.”

One Love Foundation also has education on supporting a friend in an abusive relationship and **tips for navigating difficult conversations**.