

resources for victims of domestic violence

Remember that if you or someone you know is experiencing domestic violence, there is help available.
You don't have to go through this alone.

1. **National Domestic Violence Hotline:** The hotline provides confidential support, crisis intervention, and referral services 24/7. The number is 1-800-799-7233, and you can also chat with a trained advocate on their website, <https://www.thehotline.org/>.
2. **Domesticshelters.org:** Domesticshelters.org is an online resource that provides information on domestic violence shelters and services in the United States and Canada. They also have a hotline that you can call for support and information. Their website is <https://www.domesticshelters.org/>.
3. **National Coalition Against Domestic Violence (NCADV):** The NCADV is a national organization that works to end domestic violence and provide resources for victims. Their website, <https://ncadv.org/>, has a variety of resources, including safety planning guides, legal resources, and information on how to support survivors.
4. **RAINN (Rape, Abuse & Incest National Network):** RAINN is the nation's largest anti-sexual violence organization and offers support for survivors of sexual assault and abuse. They also have a hotline at 1-800-656-4673 and an online chat feature on their website, <https://www.rainn.org/>.
5. **Women's Law:** Women's Law provides legal information and resources for victims of domestic violence, including information on restraining orders and divorce. Their website is <https://www.womenslaw.org/>.

DID YOU KNOW?

According to the World Health Organization, 1 in 3 women worldwide have experienced physical or sexual violence in their lifetime, mostly by an intimate partner.

