

Love. Dignity. Respect.

The National Domestic Violence
HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

www.TheHotline.org



The National Domestic Violence Hotline

creates access by providing
24-hour support through advocacy,
safety planning,
resources and hope to everyone
affected by domestic violence

Since The Hotline was established
in 1996 more than 2.5 million people
have been helped.

If you are in an abusive relationship,
you are not alone.

Make the Call.

Donate. Advocate. Educate.

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WHAT IS DOMESTIC VIOLENCE?

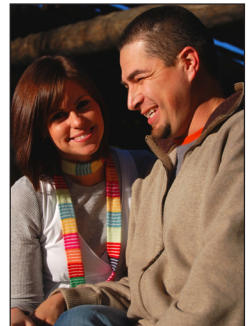
Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

If your partner exhibits any of the following signs, you may be in an abusive relationship:

- Physically abuses you by shoving, slapping, choking or hitting you.
- Tries to control aspects of your life by telling you who you can see, where you can go and how you can dress.
- Emotionally abuses you with insults, put downs, belittling and tells you it's all your fault.

SAFETY PLANNING

Safety planning for someone involved in an abusive relationship is a necessary and important step. Planning can be used while you are still with your abuser or after the relationship has ended.



For support and more information please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or at TTY 1-800-787-3224. Or visit our website at www.thehotline.org.

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