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# Help for Those Experiencing Abuse

IF YOU ARE BEING ABUSED AND NEED GUIDANCE, HERE ARE ORGANIZATIONS THAT CAN HELP.

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## NATIONAL DOMESTIC VIOLENCE HOTLINE

Advocates are available to you live, twenty-four hours a day, seven days a week. They can offer you a direct link to a domestic violence program in your area.

**PHONE:** 1-800-799-SAFE

**WEBSITE:** [WWW.THEHOTLINE.ORG](http://WWW.THEHOTLINE.ORG)

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## NATIONAL DATING ABUSE HELPLINE

This service aims to help youth and young adults. Advocates are available twenty-four hours a day, seven days a week, via phone, online chat, and text messaging.

**PHONE:** 1-866-331-9474

**TEXTING:** TEXT "LOVEIS" TO 22522

**ONLINE CHAT:** [WWW.LOVEISRESPECT.ORG](http://WWW.LOVEISRESPECT.ORG)

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## LEGAL GUIDANCE

WomensLaw.org is a crucial resource if you're in a dangerous relationship and know you have to leave. It lists pivotal information to help you prepare to leave in advance or in a hurry and explains what to take with you, what evidence to keep to prove you've been hurt, and how to leave safely with children.

**WEBSITE:** [WWW.WOMENSLAW.ORG](http://WWW.WOMENSLAW.ORG)

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