

If domestic abuse is happening to you, help is available. Tell someone you trust:



Family



Friend



Neighbor



Teacher

or a professional:



911



Doctor/
Nurse



Supports
coordinator/
case worker



Confidential
Hotline

You have the right to:

- Help, no matter your immigration status
- An interpreter if you need one
- Confidentiality
- To make your own choices



**Contact
Help 24/7**

**Philadelphia Domestic
Violence Hotline:**
1-866-723-3014

See more information in a video.




English



ASL

**National Domestic Violence
Hotline:** 800-799-7233
Suicide and Crisis Lifeline: 988

Other online information:

 **Pennsylvania:** Find a Domestic Violence Program
in PA: <https://www.pcadv.org/find-help/>



Philadelphia: Find services in Philadelphia:
<https://www.phila.gov/departments/office-of-domestic-violence-strategies/resources/>



Learn more:

<https://paautism.org/resource/be-safe/>

DOMESTIC ABUSE

How to Get Help



Domestic abuse is when your partner or family member hurts you or controls you.



Family



Friend/Boyfriend/Girlfriend



Husband/Wife/Partner



Caregiver/guardian

Domestic abuse can happen to any:

- Gender
- Sexuality
- Age
- Race
- Disability
- Religion
- Background



Domestic abuse includes:



- Physical violence/threats
- Sexual abuse or unwanted sexual touching



- Stalking you/giving you unwanted attention or contact
- Making you feel bad about yourself



- Destroying personal property
- Controlling behaviors
- Not allowing you to go out



- Not allowing you to work
- Not allowing you to ask for help
- Not letting you make your own decisions

Domestic abuse can impact your health or your children's health. You might feel or have:



Scared



Anxious or sad



Memory problems



Trouble sleeping



Injuries



Physical health issues