

The Hotline is a symbol of hope. I wrote the number up and pasted it on the wall because I'm like, 'This is a lifeline, this is where I'm going to turn my life around. I'm going to get safe, and I'm going to stay safe.'

I found myself in the car, leaving town to stay with family and I picked up the phone and called The Hotline. I knew they would be there when I needed to talk and they were. What I got from talking to them on the phone that day was a level of understanding that I had never had before, a level that my friends and family couldn't provide. They understood exactly where I was and what I was going through.

WHO WE ARE

First established in 1996 by the Violence Against Women Act and supported in part by funding from the Family Violence Prevention and Services Act, the National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family.

Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, sexual or financial abuse. To date, The Hotline has answered more than **4 million calls, chats and texts** from people seeking assistance.

The Hotline also offers an online chat service at **thehotline.org** that is available Monday through Friday from 7 a.m. -2 a.m. CT. The chat feature provides another lifeline for those who do not feel safe speaking by phone.

To respond to the unique needs of teens and young adults, **loveisrespect** was launched in 2007. Through loveisrespect, The Hotline provides direct peer advocacy 24/7 to youth ages 12–24 by phone (1-866-331-9474), online chat at loveisrespect.org, or by texting "loveis" to 22522.

Our services are **completely free and confidential**, and we have the largest and most comprehensive database of local and national resources in the country. Along with these resources, we offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.

WHAT WE DO

The Hotline provides the following services, via phone or online chat, with access to 200+ different languages:

- Referrals to local/state resources
- Personalized safety planning
- Crisis intervention
- Information requests
- Domestic violence education and materials

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender. If you or someone you know is in an abusive relationship, or if you have questions about abuse, we can help.

> 1-800-799-SAFE (7233) thehotline.org



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