If you or someone you know – a friend, neighbor, family member, or coworker – is in an abusive relationship, help is available.

**The National Domestic Violence Hotline**
1-800-799-SAFE (7233)
For deaf and hard of hearing: TYY: 1-800-787-3224
Offers crisis intervention, information about sources of help and referrals for shelters, programs, social service agencies, legal programs and other helpful organizations.

**National Coalition Against Domestic Violence**
www.ncadv.org
Get information on developing a safety plan. Find national crises organizations and local resources listed by state.

**U.S. Department of Justice Office on Violence Against Women**
www.justice.gov/ovw
Offers information on federal laws and links to state and local resources.

**Domestic Shelter Locator**
www.domesticshelters.org
This online search tool can be used to find help for domestic violence in your zip code and your language.