**Help for Victims of Family Violence**

**Statewide Resources**

No one deserves to be abused. If this is happening to you, it is not your fault. Help is available by calling any of the phone numbers listed on this sheet. Remember that you are not alone.

**HERE’S HOW TO PROTECT YOURSELF**

- If you are in an emergency situation, call 911.
- Talk to a friend, neighbor, clergy person, family member, or doctor – they can be a good source of support and help.
- Make a plan in case you decide to leave. Set aside some cash, important documents, (birth certificates, social security cards, immigration papers, passports, medical insurance cards, any documentation of abuse, etc.), a spare set of keys, and a change of clothes that you can access easily in a crisis situation.
- Contact community resources to find out how they can help. They can assist you if you need a place to stay or need help taking legal action against the person who is abusing you.
- If you are thinking about leaving, do not inform the abuser/batterer.
- Be aware that the abuser/batterer can use technology to monitor your activities (cell phone, text messages, computer, Internet Web sites, GPS, etc.) www.nnedv.org/resources/safetynetdocs.html
- Trust your instincts.

**HERE’S HOW TO HELP OTHERS**

**To help someone who is being abused:**

- Plan what you want to say, determine a good time and private place to talk alone.
- Ask questions like “How can I help you? What do you want to do about the situation?” Be supportive and listen without judgment. Give the victim plenty of time to answer.
- Don’t say “Just get out” – it is not a safe piece of advice.
- Let the victim know that you believe that verbal, emotional or physical abuse in a relationship is never acceptable and not the victim’s fault.
- Provide the victim with information about local resources that can help.

**To help a child who is being abused:**

- Report your suspicions of child abuse to a local children services agency.
- Link the child to a safe adult and contact ChildHelp USA.

**To help someone who is a batterer:**

- Contact the Ohio Domestic Violence Network for program referral.

**PHONE NUMBERS**

**EMERGENCY** ................................................................. 911
Ohio Employee Assistance Program .............. 800-221-6327
Optum Behavioral Solutions 24hr .......... 800-852-1091

**Services for Children & Teens:**
Child Help USA ......................................................... 800-4-A-CHILD
National Runaway Hotline ............................... 800-621-4000
National Teen Dating Abuse Helpline ................. 800-331-9474
Ohio Youth Advocate Program .................. 877-692-7226
Public Children Services Assoc. of Ohio ........ 614-840-9934
The Center for Family Safety and Healing .......... 614-722-8200

**Services for Adult Victims:**
Action Ohio Coalition for Battered Women .......... 888-622-9315
BRAVO (LGBTQ Services) ....................... 866-862-7286
National Domestic Violence Hotline .......... 800-799-7233
Office of Criminal Justice Services, Family Violence Prevention Center ...... 888-448-4842
Ohio Alliance to End Sexual Violence ....... 888-886-8388
Ohio Domestic Violence Network .......... 800-934-9840
Rape, Abuse & Incest Natl Network (RAINN) ...... 800-656-HOPE
Sexual Assault Response Network of Central Ohio (SARNCO) ............. 614-267-7020

**Legal Resources:**
Ohio State Legal Services Assoc. .......... 866-LAW-OHIO

**Other Programs & Services:**
ASHA Ray of Hope (South Asian Community) ........ 614-326-2121
Crisis Line ...................................................... 614-565-2918
Asian American Community Services .......... 614-220-4023
Ohio Dept. of Aging ........................................ 800-266-4346
Long Term Care Ombudsman Prog .......... 800-282-1206
Ohio AG Crime Victim Services .......... 800-582-2877
Ohio Hispanic Coalition .......................... 614-840-9934
Shalom Task Force .................................. 888-883-2323
Somali Community Assoc. of Ohio .......... 614-262-4068

**ONLINE RESOURCES**
Ohio Organizations and Resources:
ASHA Ray of Hope ............................................. www.asharayofhope.org
Asian American Community Services .......... www.aacsohio.org
Office of Criminal Justice Services, Family Violence Prevention Center www.fvpc.ohio.gov
Ohio Alliance to End Sexual Violence ........ www.oaesv.org
Ohio Department of Aging ....................... www.aging.ohio.gov
Ohio Domestic Violence Network .......... www.odvn.org
Ohio Legal Services ......................... www.ohiolegalservices.org

Public Children Services Association of Ohio
www.pcsao.org
The Center for Family Safety and Healing
www.familysafetyandhealing.org

**National Resources:**
ChildHelp USA ............................................. www.childhelp.org
Futures Without Violence ....................... www.futureswithoutviolence.org
National Coalition Against Domestic Violence www.ncadv.org
National Domestic Violence Hotline ........ www.thefpline.org
Rape, Abuse & Incest National Network
www.rainn.org

614-722-8200
www.FamilySafetyandHealing.org