Help for Victims of Abuse

Changing Attitudes
Changing Lives

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 card. 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?" Listen without judgment. Do not moralize or criticize. 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 Children's Services.
- 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
United Behavioral Health 24hr Hotline 800-852-1091

Services for Children & Teens:

Child Help USA 800-4-A-CHILD
National Runaway Hotline ..... 800-621-4000 (TTY 800-621-0394)
National Teen Dating Abuse Hotline ..... 866-331-9474 (TTY 866-331-8453)
Ohio Youth Advocate Program 877-850-6651
Public Children Services Assoc. of Ohio 614-224-5802

Services for Adult Victims:

Action Ohio Coalition for Battered Women 888-622-9315
BRAVO (LGBT Services) 866-862-7286
Natl. Domestic Violence Hotline ..... 800-799-7233 (TTY 800-787-3224)
Office of Criminal Justice Services, Family Violence Prevention Center 888-448-4842
Ohio Domestic Violence Network 800-934-9840
Rape, Abuse & Incest National Network (RAINN) 800-656-HOPE
Sexual Assault Response Network of Central Ohio (SARNCO) 614-267-7020

Legal Resources:

Ohio State Legal Services Association 866-LAW-OHIO

Other Programs & Services:

ASHA Ray of Hope (South Asian Community) 614-326-2121
Crisis Line 614-565-2918
Asian American Community Resources 614-220-4023
Ohio AG Crime Victim Services 800-582-2877
Ohio Hispanic Coalition 614-840-9934
Shalom Task Force 888-883-2323

Web sites

Ohio Organizations and Resources:

ASHA Ray of Hope ..... www.asharayofhope.org
Asian American Community Resources ..... www.aacsohio.org
Columbus Coalition Against Family Violence ..... www.ccafv.org
Office of Criminal Justice Services, Family Violence Prevention Center ..... www.fvpc.ohio.gov
Ohio Domestic Violence Network ..... www.ODVN.org
Public Children Services Association of Ohio ..... www.pcsao.org

National Resources:

ChildHelp USA ..... www.childhelp.org
The Family Violence Prevention Fund ..... www.endabuse.org
National Coalition Against Domestic Violence ..... www.ncadv.org
National Domestic Violence Hotline ..... www.ndvh.org
Rape, Abuse & Incest National Network ..... www.rainn.org