



## NATIONAL SERVICE PROVIDERS & HELPLINES

*\*Please keep in mind that many abusive partners check their partner's electronic devices, so if you want to go on a website or call a hotline, you may want to do it from a friend's device or public device.*

### LOVE IS RESPECT

[www.LovelsRespect.org](http://www.LovelsRespect.org) | 1-866-331-9474 or 1-866-331-8453 | text "loveis" to 22522

Contact LovelsRespect if you want to talk to someone, need advice about your relationship or a loved one's relationship, or if you have legal questions.

### NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | Canada: 1-800-363-9010 | [www.thehotline.org](http://www.thehotline.org)

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship. On the website, you can also find a helpful chat feature in English and Spanish.

### ONE LOVE MY PLAN APP

Can be found in the app store | [www.joinonelove.org/my\\_plan\\_app](http://www.joinonelove.org/my_plan_app)

This app helps you determine if a relationship is unsafe and it helps create the best action plan by weighing an individual's unique characteristics. Additionally, a friend or family member can use this app to assess the danger of a loved one.

### NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | [www.rainn.org](http://www.rainn.org)

The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process via hotline or chat.

### HELPLINE

[www.stopitnow.org/help-inquiry](http://www.stopitnow.org/help-inquiry) | 1-888-PREVENT

The 1-888-PREVENT number provides support, guidance and information to adults who wish to speak confidentially with the Helpline staff. You can also schedule a 30-minute phone consultation with Helpline Associates.

### CENTER FOR RELATIONSHIP ABUSE AWARENESS

[stoprelationshipabuse.org/get-help/resources](http://stoprelationshipabuse.org/get-help/resources)

This site provides a plethora of resources of all types (legal, seeking help, basic information, help in your area, etc.).

### THE TREVOR PROJECT

[www.thetrevorproject.org/](http://www.thetrevorproject.org/) | 1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.

### STATE-WIDE COALITIONS

Google your state-wide coalition (such as: "New York State-Wide Coalition") to find a list of all the domestic violence support centers in your state.