

# 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](http://www.nnedv.org/resources/safetynetdocs.html)
- Trust your instincts.

### 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  
National Teen Dating Abuse Helpline.....  
..... 866-331-9474  
Ohio Youth Advocate Program..... 877-692-7226  
Public Children Services Assoc. of Ohio .....  
..... 614-224-5802  
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

### 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.

### 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](http://www.asharayofhope.org)  
Asian American Community Services  
[www.aacsohio.org](http://www.aacsohio.org)  
Office of Criminal Justice Services,  
Family Violence Prevention Center  
[www.fvpc.ohio.gov](http://www.fvpc.ohio.gov)  
Ohio Alliance to End Sexual Violence  
[www.oaesv.org](http://www.oaesv.org)  
Ohio Department of Aging  
[www.aging.ohio.gov](http://www.aging.ohio.gov)  
Ohio Domestic Violence Network  
[www.OVDN.org](http://www.OVDN.org)  
Ohio Legal Services  
[www.ohiolegalservices.org](http://www.ohiolegalservices.org)

Public Children Services Association of Ohio  
[www.pcsao.org](http://www.pcsao.org)

The Center for Family Safety and Healing  
[www.familyafetyandhealing.org](http://www.familyafetyandhealing.org)

### National Resources:

ChildHelp USA  
[www.childhelp.org](http://www.childhelp.org)  
Futures Without Violence  
[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)  
National Coalition Against Domestic Violence  
[www.ncadv.org](http://www.ncadv.org)  
National Domestic Violence Hotline  
[www.thehotline.org](http://www.thehotline.org)  
Rape, Abuse & Incest National Network  
[www.rainn.org](http://www.rainn.org)



614-722-8200  
[www.FamilySafetyandHealing.org](http://www.FamilySafetyandHealing.org)