

You can make a difference!

Domestic Violence is not just a private, family matter – it’s everyone’s business.

Here are several ways you can make a difference for victims of domestic violence.

How can you help a friend or family member who is being abused?

Offer support. This can be as simple as giving someone a ride or letting them use the phone, offering a meal or to baby-sit, or just listening and believing. Small acts of kindness can make a difference.

Don’t be afraid to let them know you are concerned for their safety. Tell them about DV resources in their community.

Help them develop a plan to stay safe and keep their children safe.

Encourage them to stay connected to friends and family and to participate in activities apart from their relationship.

Be non-judgmental about their decisions concerning their relationship. Continue to be supportive of them, whether or not they choose to leave.

DETACH THIS CARD AND KEEP IT FOR FUTURE REFERENCE

Safety Alert

Abusers may be able to check your recent phone calls by pressing the “redial” button on the phone or checking the memory in your TTY. After making calls to domestic violence programs or services, dial another number such as that of a family member, friend, or grocery store, or clear the memory in your phone, cell phone, or TTY.

How can you help victims of domestic violence in your community?

- *Educate yourself and others.*
- *Speak out.*
- *Get involved in local efforts to respond to DV.*
- *Contribute time or money to programs that help victims.*
- *Don’t judge someone being victimized.*

Mission

The Washington State Domestic Violence Hotline is committed to ending domestic violence through education, advocacy and referral to local programs and resources throughout Washington State.

Are you being hurt?

Are you living in fear?

Are you concerned that someone you know is being abused?

Help is available.



Washington State Domestic Violence Hotline

1-800-562-6025

V/TTY

(Language interpreters are available.)

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The Washington State Domestic Violence Hotline is a toll-free, statewide service that provides information and referrals to victims of domestic violence. You can call the Hotline 24-hours a day /7 days a week. The Hotline is not associated with any law enforcement agency, and all calls to the Hotline are confidential.

What is domestic violence?

Domestic violence happens when someone in an intimate relationship uses fear, threats, or physical violence to control their partner.

This person may try to gain control in many ways, such as:

- *Physically hurting you (hitting, kicking, slapping, shoving, pulling your hair).*
- *Keeping you isolated from family and friends.*
- *Tracking your time and movements.*
- *Not allowing you to make decisions about money.*
- *Hurting you emotionally (threatening you, calling you names, humiliating you, making you feel bad about yourself, making you afraid).*
- *Forcing you into unwanted sexual activities.*
- *Using your disability against you.*

Domestic violence can happen to anyone—regardless of your age, race, religion, or how much money or education you have.

Domestic violence also happens in same-sex relationships.



If this is happening to you (or someone you know), call the Washington State Domestic Violence Hotline for help and information. **You have the right to live without fear and violence.**

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Safety Planning

Do not underestimate the danger to you or your children if you are being hurt or threatened.

- *Contact a domestic violence program for help.*
- *Tell a trusted friend, family member or neighbor what is happening.*
- *Before you leave the relationship, have a plan to collect important papers, medication and any special equipment.*

Crisis Advocacy

An advocate at the Hotline may help you with:

- *Emergency assistance*
- *Emotional support*
- *Safety planning*

Information

The advocates at the Hotline can answer commonly asked questions such as:

Are my children hurt by the violence? **Yes**

Do I cause the violence? **No**

Is hitting me against the law? **Yes**

They can also provide helpful information about domestic violence (DV) to:

- *Families and friends of DV victims.*
- *Community members concerned about DV.*

Referrals

The Hotline can help you find DV resources, such as:

- *Safe shelters for victims and children.*
- *Counseling and advocacy programs.*
- *Help with legal protections.*

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Domestic Violence Hotline**

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V/TTY**

24-hour Statewide Information and Referral