

Victims of domestic violence may feel isolated and alone. Being an ally takes understanding, compassion, patience and courage.

You can be an ally to victims of domestic violence by:

- Talking to them in private
- Listening to what they say
- Valuing their feelings
- Believing them
- Asking how you can help
- Building on their strengths
- Supporting their decisions

Be an Ally. Make a Difference.

Allies avoid victim-blaming; identify biases that can influence their thinking; and challenge perceptions about domestic violence and who it affects.



The New York State Domestic and Sexual Violence Hotline is free, confidential and staffed by trained professionals.

Anyone can call the Hotline 24/7 for help with:

- Information and support
- Referrals to domestic violence shelters and other programs that assist victims and survivors
- Safety planning for victims, children and pets
- Crisis intervention and supportive counseling

Be an Ally. Make the Call.

1-800-942-6906

English & español/multi-language accessibility
Deaf or Hard of Hearing: 711



Office for the
Prevention of
Domestic Violence