

Be an Ally.

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



Be an Ally by:

- Believing them
- Talking to them in private
- Listening to what they say
- Valuing their feelings
- Asking how you can help
- Building on their strengths
- Supporting their decisions
- Visiting [opdv.ny.gov](https://www.opdv.ny.gov) for help, resources

**New York State Domestic
and Sexual Violence Hotline**

1-800-942-6906

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



Make a Difference.



Office for the
Prevention of
Domestic Violence