WHAT YOU ARE FEELING IS REAL

After experiencing sexual violence, however you feel is real. Many survivors feel anger, guilt, shame, and more.

You're not alone. Talk to someone who can tell you about your options and connect you to resources.

Whatever you decide, you are in control of what happens next.

LEARN MORE

NEW YORK STATE | Office for the Prevention of Domestic Violence

NEW YORK STATE DOMESTIC AND SEXUAL VIOLENCE HOTLINE

TEXT. CALL. CHAT.

844.997.2121 800.942.6906 OPDV.NY.GOV

ALL AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK

YOU CAN MAKE A DIFFERENCE IN A SEXUAL VIOLENCE SURVIVOR'S LIFE.

HERE'S HOW TO HELP:

- Talk to them in private
- Believe what they tell you
- Listen without judgement
- Validate their experience
- Ask how you can best support them
- Build on their strengths
- Support the decision that is best for them

NEW YORK STATE | Office for the Prevention of Domestic Violence

Free. Confidential. 24/7.

Available in most languages

GET HELP FROM SOMEONE WHO KNOWS WHAT YOU'RE GOING THROUGH.
HOTLINE IS AVAILABLE TO SURVIVORS, THEIR FRIENDS AND FAMILIES AND PROFESSIONALS.