DO YOU KNOW
THE WARNING SIGNS OF DOMESTIC VIOLENCE?

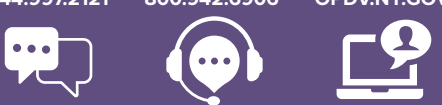
- Isolation from friends and family
- Not having control over your money
- Constant criticism, name calling and berating
- Intimidating or threatening you
- Pushing, grabbing, hitting and strangling (choking)
- Manipulating you into making certain decisions
- Forcing or coercing you into sexual activity
- Minimizing, denying and blaming you for what they are doing to you

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



YOU CAN MAKE A DIFFERENCE IN A DOMESTIC 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.