

# Help for Victims of Abuse

Changing Attitudes  
Changing Lives



No one deserves to be abused. If this is happening to you, it is not your fault. Help is available by calling any of the phone numbers listed on this card. Remember that you are not alone.

## Here's How to Protect Yourself

- If you are in an emergency situation, call 911.
- Talk to a friend, neighbor, clergy person, family member, or doctor – they can be a good source of support and help.
- Make a plan in case you decide to leave. Set aside some cash, important documents, (birth certificates, social security cards, immigration papers, passports, medical insurance cards, any documentation of abuse, etc.), a spare set of keys, and a change of clothes that you can access easily in a crisis situation.
- Contact community resources to find out how they can help. They can assist you if you need a place to stay or need help taking legal action against the person who is abusing you.
- If you are thinking about leaving, do not inform the abuser/batterer.
- Be aware that the abuser/batterer can use technology to monitor your activities (cell phone, text messages, computer, Internet Web sites, GPS, etc.) [www.nnedv.org/resources/safetynetdocs.html](http://www.nnedv.org/resources/safetynetdocs.html)
- Trust your instincts.

## Here's How to Help Others

### To help someone who is being abused:

- Plan what you want to say, determine a good time and private place to talk alone.
- Ask questions like “How can I help you? What do you want to do about the situation?” Listen without judgment. Do not moralize or criticize. Give the victim plenty of time to answer.
- Don't say “Just get out” – it is not a safe piece of advice.
- Let the victim know that you believe that verbal, emotional or physical abuse in a relationship is never acceptable and not the victim's fault.

- Provide the victim with information about local resources that can help.

### To help a child who is being abused:

- Report your suspicions of child abuse to Children's Services.
- Link the child to a safe adult and contact ChildHelp USA.

### To help someone who is a batterer:

- Contact the Ohio Domestic Violence Network for program referral.

## Phone Numbers

EMERGENCY .....	911
Ohio Employee Assistance Program.....	800-221-6327
United Behavioral Health 24hr Hotline.....	800-852-1091

### Services for Children & Teens:

Child Help USA.....	800-4-A-CHILD
CHOICES, 24hr crisis/shelter.....	614-224-4663
National Runaway Hotline.....	800-621-4000 (TTY 800-621-0394)
National Teen Dating Abuse Hotline.....	866-331-9474 (TTY 866-331-8453)
Ohio Youth Advocate Program.....	614-487-8758
Public Children Services Assoc. of Ohio.....	614-224-5802

### Services for Adult Victims:

Action Ohio Coalition for Battered Women.....	888-622-9315
Beit Ohr (Contact Mike Broidy).....	614-449-4200
BRAVO (LGBT Services).....	866-862-7286
CHOICES, 24hr crisis/shelter.....	614-224-4663
Natl. Domestic Violence Hotline.....	800-799-7233 (TTY 800-787-3224)
Office of Criminal Justice Services, Family Violence Prevention Center.....	888-448-4842
Ohio Domestic Violence Network.....	800-934-9840
Rape, Abuse & Incest National Network (RAINN).....	800-656-HOPE
Sexual Assault Response Network of Central Ohio (SARNCO).....	614-267-7020

### Legal Resources:

Capital University Family Advocacy Clinic.....	614-236-6779
City Prosecutor's Office.....	614-645-7483
Franklin Co. Prosecutor's Office.....	614-462-3555
Legal Aid Society of Columbus.....	614-224-8374
Ohio State Legal Services Association.....	866-LAW-OHIO

### Other Programs & Services:

ASHA Ray of Hope (South Asian Community).....	614-326-2121
Crisis Line.....	614-565-2918
Asian American Community Resources.....	614-220-4023
Ohio AG Crime Victim Services.....	800-582-2877
Ohio Hispanic Coalition.....	614-840-9934
Shalom Task Force.....	888-883-2323

## Web sites

### Ohio Organizations and Resources:

ASHA Ray of Hope.....	<a href="http://www.asharayofhope.org">www.asharayofhope.org</a>
Asian American Community Resources.....	<a href="http://www.aacsohio.org">www.aacsohio.org</a>
Columbus Coalition Against Family Violence.....	<a href="http://www.ccafv.org">www.ccafv.org</a>
Office of Criminal Justice Services, Family Violence Prevention Center.....	<a href="http://www.fvpc.ohio.gov">www.fvpc.ohio.gov</a>
Ohio Domestic Violence Network.....	<a href="http://www.ODVN.org">www.ODVN.org</a>
Public Children Services Association of Ohio.....	<a href="http://www.pcsao.org">www.pcsao.org</a>

### National Resources:

ChildHelp USA.....	<a href="http://www.childhelp.org">www.childhelp.org</a>
The Family Violence Prevention Fund.....	<a href="http://www.endabuse.org">www.endabuse.org</a>
National Coalition Against Domestic Violence.....	<a href="http://www.ncadv.org">www.ncadv.org</a>
National Domestic Violence Hotline.....	<a href="http://www.ndvh.org">www.ndvh.org</a>
Rape, Abuse & Incest National Network.....	<a href="http://www.rainn.org">www.rainn.org</a>