

Help for Victims of Family Violence



Statewide Resources

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 sheet. 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
- Trust your instincts.

PHONE NUMBERS

EMERGENCY911
Ohio Employee Assistance Program 800-221-6327
Optum Behavioral Solutions 24hr..... 800-852-1091

Services for Children & Teens:

Child Help USA..... 800-4-A-CHILD
National Runaway Hotline..... 800-621-4000
National Teen Dating Abuse Helpline.....
..... 866-331-9474
Ohio Youth Advocate Program..... 877-692-7226
Public Children Services Assoc. of Ohio
..... 614-224-5802
The Center for Family Safety and Healing
..... 614-722-8200

Services for Adult Victims:

Action Ohio Coalition for Battered Women
..... 888-622-9315
BRAVO (LGBTQI Services) 866-862-7286
National Domestic Violence Hotline ...800-799-7233
Office of Criminal Justice Services, Family Violence
Prevention Center 888-448-4842
Ohio Alliance to End Sexual Violence. .888-886-8388
Ohio Domestic Violence Network 800-934-9840
Rape, Abuse & Incest Natl Network (RAINN)
.....800-656-HOPE
Sexual Assault Response Network of Central Ohio
(SARNCO) 614-267-7020

Legal Resources:

Ohio State Legal Services Assoc.866-LAW-OHIO

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?" Be supportive and listen without judgment. 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 a local children services agency.
- 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.

Other Programs & Services:

ASHA Ray of Hope (South Asian Community)
..... 614-326-2121
Crisis Line 614-565-2918
Asian American Community Services
..... 614-220-4023
Ohio Dept. of Aging 800-266-4346
Long Term Care Ombudsman Prog..... 800-282-1206
Ohio AG Crime Victim Services..... 800-582-2877
Ohio Hispanic Coalition 614-840-9934
Shalom Task Force 888-883-2323
Somali Community Assoc. of Ohio 614-262-4068

ONLINE RESOURCES

Ohio Organizations and Resources:

ASHA Ray of Hope
www.asharayofhope.org
Asian American Community Services
www.aacsohio.org
Office of Criminal Justice Services,
Family Violence Prevention Center
www.fvpc.ohio.gov
Ohio Alliance to End Sexual Violence
www.oaesv.org
Ohio Department of Aging
www.aging.ohio.gov
Ohio Domestic Violence Network
www.OVDN.org
Ohio Legal Services
www.ohiolegalservices.org

Public Children Services Association of Ohio
www.pcsao.org

The Center for Family Safety and Healing
www.familysafetyandhealing.org

National Resources:

ChildHelp USA
www.childhelp.org
Futures Without Violence
www.futureswithoutviolence.org
National Coalition Against Domestic Violence
www.ncadv.org
National Domestic Violence Hotline
www.thehotline.org
Rape, Abuse & Incest National Network
www.rainn.org



614-722-8200
www.FamilySafetyandHealing.org