



Help is  
available



800-799-7233 – Domestic Violence Hotline

211 – in all states can provide information on local resources

988 – Suicide and Crisis Lifeline

Consider creating **an escape plan** with a trusted friend or family member. Be sure it is safe to leave clothing, money, and other critical needs with this person unnoticed. Or have them purchase what you might need and hold it for you.

Consider creating **a guardianship plan** if there are minor children

**Talk to someone.** A therapist. Clergy. Law enforcement if possible