

Patient/Survivor Resources



National Domestic Violence Hotline

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention

information, education, and referral services in over 200 languages.

Call 1.800.799.SAFE (7233) ● Chat live at thehotline.org ● Text START to 88788

Domesticshelters.org

DomesticShelters.org is a service that is free to the public, provided and operated by Alliance for HOPE International. We're the first and largest online and mobile searchable directory

of domestic violence programs and shelters in the U.S. and Canada, and a leading source of helpful tools and information for people experiencing and working to end domestic violence.



<https://www.domesticshelters.org/help>



StrongHearts Native Helpline

StrongHearts Native Helpline is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. Services include: crisis intervention,

assistance with safety planning, domestic violence education and information, referrals to Native-centered domestic violence and sexual violence service providers, basic information about health options, support in finding facilities that offer forensic exams. And general information about jurisdiction and legal advocacy referrals.

Call or Text 1-844-7NATIVE (762-8483) ● Chat Online at strongheartshelpline.org/get-help

Tribal Resource Tool

Tribal Resource Tool is a web-based resource mapping tool created to provide a listing of services available for all AI/AN victims and survivors of crime and abuse and identify gaps in victim services so those can be addressed.

<https://tribalresourcetool.org/map>



Victim Connect Resource Center

The VictimConnect Resource Center serves victims of any crime anywhere in the United States and its territories. With extensive specialized training, our Victim Assistance Specialists are ready to help crime victims receive emotional support, understand

their rights and options, find information and connect with resources, and craft next steps to regain control over their lives.

Victim Connect Resource Map <https://victimconnect.org/resources/search-resources/>

Call or Text 1-855-484-2846 ● Chat Online at victimconnect.org/get-help/victimconnect-chat/



MyPlan App

myPlan is a free app offered in English and Spanish to help with safety decisions if you, or someone you care about, is or may be experiencing abuse in an intimate relationship. It's private, secure, personalized, & backed by research with domestic violence survivors involved every step of the way.



Download the app for apple, android, or web browser at <https://myplanapp.org/>



National Coalition Against Domestic Violence- Personalized Safety Plan

A customizable list of questions to help survivors begin creating a safety plan.

<https://ncadv.org/personalized-safety-plan>

U.S Department of Veterans Affairs, Veterans Health Administration- Intimate Partner Violence Assistance Program (IPVAP)



The VA's Intimate Partner Violence Assistance Program (IPVAP) is committed to helping Veterans, their partners, and VA staff who are impacted by IPV.

Intimate Partner Violence Safety Planning Guide

https://www.socialwork.va.gov/IPV/VETERANS_PARTNERS/PDFs/IPVAP_Safety_Planning_Guide_for_website_final_12-10-18.pdf



Illinois Coalition Against Domestic Violence (ILCADV) - Safety Planning for Survivors

The information here comes from the collective experience of domestic violence shelters, police, prosecutors, and other battered women. A safety plan is

a tool that has worked for others, and it can help you think about ways in which you can stay safer. After you've reviewed this information, you may want more help. Confidential, free service is available to you when you call a domestic violence program.

<https://www.ilcadv.org/safety-planning-for-survivors/>