

# Help for Victims of Family Violence

*No one deserves to be abused. Family violence has no boundaries and includes all types of violence and abuse towards children, teens, adults and the elderly. If you or someone you know is being abused, call any of the numbers listed on this card. Remember, you are not alone.*

## HOW TO PROTECT YOURSELF

- Talk to someone you trust. A family member, friend, neighbor, teacher, faith leader or doctor – they can be a good source of support and help.
- Contact community resources for help. They can assist you if you need a place to stay or need legal protection from the person who is abusing you or other family members.
- If you are in an emergency situation or immediate danger, call 911. The local law enforcement can get you and your family away from risk.
- If you are an adult, make a safety plan in case you decide to leave an abusive relationship. Set aside some cash, important documents, (birth certificates, social security cards, etc.), a set of keys and a change of clothes that you can access easily in a crisis situation.

## HOW TO HELP OTHERS

**If you see someone who is being assaulted or witness a child, teen or elder in immediate danger, call 911 or local law enforcement immediately.**

### **To help an adult who is in an abusive relationship:**

- Plan what you want to say, determine a good time and place to talk.
- 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 talk.
- Don’t say “Just get out” – it may not be safe advice.
- Let the victim know that you believe verbal, emotional or physical abuse in a relationship is never acceptable.
- Provide the person with information about local resources that can help.

### **To help a teen who is in an abusive dating relationship:**

- Share your concerns with the parent/guardian or trusted adult.

### **To help a child or teen who is being abused:**

- Report your suspicions of child abuse to Franklin County Children Services. Calls are confidential.

### **To help a senior citizen who is being abused:**

- Report your suspicions of elder abuse or neglect to Adult Protective Services. Calls are confidential.

### **To help someone who is a batterer:**

- Refer the person to one of the intervention programs listed on this card.

**FamilySafetyandHealing.org**

**(614) 722-8200**



# Resources

## **EMERGENCY** .....911

### **Services for Children & Teens:**

- Buckeye Ranch.....(614) 875-2371
- Community for New Dir.....(614) 272-1464
- Dir. for Youth & Families.....(614) 294-2661
- Franklin Co. Children Svcs.....(614) 229-7000
- Huckleberry House.....(614) 294-5553
- Natl. Teen Dating Abuse Helpline.....(866) 331-9474
- Natl. Youth Advocate Prog.....(877) 692-7226
- Nationwide Children’s Behav’l Hlth. Svcs.....(614) 355-8080
- St. Vincent’s Family Center.....(614) 252-0731
- The Center for Family Safety and Healing .....(614) 722-8200

### **Services for Adult Victims:**

- Beit Ohr (Cont. Mike Broidy).....(614) 449-4200
- BRAVO (LGBTQI Services).....(866) 862-7286
- CHOICES, 24hr Crisis/Shelter.....(614) 224-4663
- DWAVE (Deaf Community).....(614) 678-5476
- Mt. Carmel Crime & Trauma.....(614) 234-5900
- Natl. Domestic Violence Hotline.....(800) 799-7233
- Ohio Domestic Violence Network.....(800) 934-9840
- Shalom Task Force.....(888) 883-2323
- The Center for Family Safety and Healing.....(614) 722-8200

### **Services for Seniors:**

- Adult Protective Services.....(614)525-4348
- Long Term Care Ombudsman Prog.....(800) 282-1206

### **Legal Resources:**

- Capital Univ. Family Adv. Clinic.....(614) 236-6779
- City Prosecutor’s Office.....(614) 645-7483
- Franklin County Prosecutor’s Office.....(614) 525-3555
- Legal Aid Society of Columbus.....(614) 224-8374

### **Batterers’ Intervention Programs:**

- Africentric Personal Dev’t. Shop.....(614) 253-4448
- Crossroads.....(614) 445-0352
- Southeast, Inc.....(614) 225-0990

### **Other Programs & Services:**

- ASHA-Ray of Hope.....(614) 565-2918
- Asian American Community Svcs.....(614) 220-4023
- Columbus Humane.....(614) 777-7387
- Safe Haven Program.....(614) 980-2032
- Catholic Social Services.....(614) 221-5891
- Columbus Urban League.....(614) 257-6300
- Jewish Family Services.....(614) 231-1890
- Natl. Human Trafficking Hotline.....(888) 373-7888
- New Directions Career Center.....(614) 849-0028
- OH Attorney General Crime Victims Svcs.....(800) 582-2877
- Ohio Hispanic Coalition.....(614) 840-9934
- Rape Helpline (24-hr).....(614) 267-7020
- SARNCO (Sexual Assault Services).....(614) 566-4414
- Suicide Prevention Hotline.....(614) 221-5445
- Somali Community Association of Ohio.....(614) 262-4068

