**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 Behavl 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
Columbus Urban League ..... 614-257-6300
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

THE CENTER FOR FAMILY SAFETY AND HEALING

# 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.

**www.FamilySafetyandHealing.org**

**614-722-8200**

as of 9/4/15

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**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
Capital Area Humane Soc. ..... 614-777-7387
Safe Haven Program ..... 614-315-0102
Catholic Social Services ..... 614-221-5891
Jewish Family Services ..... 614-231-1890
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