USING THE NATIONAL DOMESTIC VIOLENCE HOTLINE WEBSITE

Description:
If you or someone you know are a victim of domestic violence and need help, use this website to talk with a kind, trained expert who will keep your conversation private.

On this website, you can:
- Text, Call, or Live Chat with a trained person
- Create a safety plan
- Get help with housing, food, physical health, and mental health
- Find support groups and counselors
- Ask for legal advice
- Read about relationship abuse and the warning signs
- Learn how to support family or friends

The Home page:
- Click here to open the home page
- You can Call or Text with your phone, or start a live Chat
  - Select “Chat” to start a chat on the website
There are 3 ways to find resources:

1st WAY TO FIND RESOURCES:
- Select the Menu button  to open the menu
● Select the down arrow next to the topic you’re interested in
   (The arrow will flip to point up when you click it)
● Click the topic you want to open
2nd WAY TO FIND RESOURCES:
- Click the words in the Menu
  a. **For example**, click “Identify Abuse” to open up the main Identify Abuse page
Then scroll down for specific resources

EXAMPLE

We're here for you every step of the way.

Understand Relationship Abuse

Warning Signs of Abuse

Power and Control
3rd WAY TO FIND RESOURCES
● Click “Search Our Resources”

- This will open up the Search page
- Type what you want to find
- Then click “Search”

Congrats! Now you know how to use this website!