



Help for Victims

If you fear for your safety or the safety of someone else, please call 911

Am I a victim?

You might not know you are a victim because your abuser may try to confuse you or plant doubt in your mind. Please seek help if you have experienced any of the following:

- Physical abuse or threats of physical abuse including kicking, punching, smacking, pushing
- Forced sex or being forced to do sexual acts
- Threats to your life or the lives of others if you do not cooperate

How do I get help?

Search the **Missouri Services Navigator** to find help near you. Resources and legal information to help you leave safely are available at **WomensLaw.org** and **TheHotline.org**. You might also try calling one of the following hotlines to help you:

- **National Domestic Violence Hotline:** 800-799-7233
- **National Human Trafficking Hotline:** 888-3737-888
- **Rape or Sexual Assault (RAINN) Hotline:** 800-656-4673
- **Adult Abuse & Neglect:** 800-392-3738
- **Child Abuse & Neglect:** 800-392-3738

How do I report a crime?

Contact your local law enforcement agency to report a crime. For a full list of your rights, visit **tinyurl.com/CrimeVictimsRights**. If you have questions about your rights, contact the Crime Victims Service Unit by calling **573-522-3778** or emailing **CVSU@dps.mo.gov**.

The Missouri Department of Social Services is an equal opportunity provider.

