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 Victim Services Directory 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.