



Helping Victims

If you or someone you know is in immediate danger, call 911 IMMEDIATELY

If you witnessed abuse or know of abuse or crime happening, there are ways you can offer support. However, please exercise caution when doing so, for your own safety.

What are common warning signs?

Victims of abuse and other violent crimes often show one or more of the following signs:

- Sudden or drastic changes in behavior
- Social isolation/few or no close friends
- Someone monitoring or controlling them
- Low self-esteem
- Bruises at various stages of healing
- Tendency to cover arms, legs, neck with long clothing, even during hot weather
- Stops showing up to work or school

Local Support

Search the **Victim Services Directory** to find local resources by county and type. Finding local support for the victim is very important in their healing and recovery.

What else can I do?

If someone you know is a victim, visit hotline.org/support-others to learn more about how you can offer support. You can also:

- Encourage them to report the crime if they haven't already
- Stay in contact with them safely (consider using unmonitored email or phone numbers)
- Understand that victims often leave and return to their abusers several times before leaving for good