

EMERGENCY 911

Services for Children/Teens:

Natl Teen Dating Abuse Hotline 866-331-9474
Natl Sexual Assault Hotline 800-656-4673
Natl Youth Advocate Program 202-244-6410
Child & A.dol .Protection Center 202-476-4100
BRAVO (GLBT Services) 866-862-7286
DC Crime Victims Resource Center 202-531-3346

Human Trafficking Services:

Natl Human Trafficking Hotline 888-373-7888
Courtney's House 202-525-1426
Fair Girls 855-900-3247

Suicide Hotlines:

Natl Suicide Prevention Lifeline 800-273-8255
Spanish Suicide Hotline 800-273-8255
LGBT Suicide Hotline 866-488-7386

Child Protective Services:

DC 202-671-7233
PG County 301-909-2450
Montgomery County 240-777-4417
Virginia 800-552-7096

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Children's National™

Help for Victims of Violence

Verbal, emotional, physical, and sexual abuse affects your health. No one deserves to experience this. Violence has no boundaries. This includes abuse towards children, teens, and adults.

If you or someone you know is experiencing violence, call any of the numbers listed on this card.

If you need immediate help within this facility, ask for social work.

Know that help is available.



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HOW TO PROTECT YOURSELF

- Call someone you trust.
- Contact community resources for assistance with safe housing options and legal advice.
- Create a safety kit to include cash, important documents, important phone numbers, a set of keys, medication, copies of important documents (social security card, birth certificate, immigration paperwork), and clothing.
- If you are in immediate danger call 911.

HOW TO HELP OTHERS

Suggestions:

- “How can I help you?”
- Listen without judgment and allow person to talk.
- “This is not your fault.”
- Reminder that verbal, sexual, physical, or emotional abuse is never the victim’s fault.
- Do not put yourself in danger.

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Other Services for Adults:	
Citywide Domestic Violence Hotline	202-749-8000
Natl Domestic Violence Hotline	800-799-7233
Domestic Violence Intake Center Southeast	202-561-3000
Northwest	202-879-0152
DC Crime Victims Resource Ctr	202-531-3346
Elder Care Services:	
Long Term Care Ombudsman Prog	800-282-1206
Legal Resources:	
Legal Aid Society (DC)	202-628-1161
Children's Law Center	202-467-4900
Adult Protective Services:	
DC	202-671-4200
PG County	301-909-7025
Montgomery County	240-777-4513
Virginia	888-832-3858

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