

Domestic Violence - What to do

If you are experiencing violence at home:

Remember, **it is not your fault**. You and your family deserve to be safe. Here's what you can do to make that happen:

- If you are in physical danger, **call 911 immediately**
- Call the Advocates of Lake County at **(719) 486-3530** to talk about ways we can help you stay safe
- Call the National Domestic Violence Hotline for services outside Lake County at **800-799-7233**

If you can't call us right away, make a safety plan for you and your family. Ask family members and friends for help if necessary. Try to call us as soon as you can; we have resources that can help you.

If you suspect someone else is being abused:

Reach out to them. Your intervention could save a life.

- Don't be afraid to tell them you are worried about their safety
- Acknowledge that they are in a very difficult and scary situation
- Be supportive and believe them
- Be non-judgmental and respect their decisions
- Help them find a way to safety and peace in their own time
- Help them develop a safety plan
- Encourage them to talk to people who can provide help and guidance



The Advocates of Lake County provides trauma-informed services and promotes a community where survivors of domestic and sexual violence may achieve personal autonomy.

(719) 486-3530

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