

# Here For You.

We are here to serve all those impacted by relationship abuse 24/7 confidentially. Due to high demand, you may experience longer wait times to connect with a live advocate. If you are unable to wait safely or aren't ready to call, chat or text — you can search our **Directory of Local Providers** section anytime for resources and support in your area.

## Security Alert

Internet usage can be monitored and is impossible to erase completely. If you're concerned your internet usage might be monitored, call us at 800.799.SAFE (7233). [Learn more about digital security](#) and remember to clear your browser history after visiting this website.

**Click the red “X” in the upper-right corner or “Escape” button on your keyboard twice at any time to leave TheHotline.org immediately.**

to

**Please contact 911 if you feel like you are in immediate danger or a life-threatening situation.**

**OK**

  
*Our domestic violence informed compassionate A.I. chat, Ruth, can help when you're unable to reach a live advocate. To speak to a live person, call, chat, or text a live advocate.*

### What to expect when you contact us

[Privacy Policy](#)

### Online Harassment and Abuse Survey

The Hotline, in partnership with the National Hotline Consortium, is conducting a survey to better understand victims/survivor experiences with online abuse and harassment (technology facilitated abuse). The survey is completely anonymous and should take about 5 minutes to complete.

[Take the Survey Today](#)

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# Free. Confidential. 24/7.

Get Help

Identify Abuse

Plan for Safety

Support Others

Local Providers

Get Involved

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OK

/ life

:)

Anonymous survivor

Create a path to safety



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**24/7 access to resources and support** specifically aimed at teen and young adult relationships →

**love is respect**.

#### Contact

National Domestic Violence Hotline  
PO BOX 90249  
Austin, Texas 78709  
Admin'

#### The Hotline Community

Join

#### About

About Us  
History

#### Info

Privacy Policy

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OK



Call 1.800.799.SAFE  
(7233)



Chat live  
now



Text "START" to 88788  
Visit our page for Privacy Policy. Msg & Data Rates May Apply. Text STOP to opt out.