



# HAS YOUR HEAD BEEN HURT?

Sometimes when people are abused their head gets hurt. This can cause injuries that aren't always obvious. Please answer the questions and talk with an advocate so we can help make services work best for you. We know how difficult it is to share this information – thank you for your courage. We are here to support you.

C

Has anyone ever put their hands around your neck, put something over your mouth, or done anything else that made you feel **choked**, strangled, suffocated, or like you couldn't breathe?

YES NO

H

Have you ever been **hit or hurt** in the **head**, neck or face?

YES NO

A

**After** you were hurt, did you ever feel dazed, confused, dizzy or in a fog, see stars, spots, or have trouble seeing clearly, couldn't remember what happened, or blacked out? (Doctors call this *altered consciousness*.)

YES NO

Has any of the above happened recently? If yes, how long ago? \_\_\_\_\_

YES NO

Has any of the above happened more than once?

YES NO

T

Are you currently having **trouble** with anything below? Circle all that apply:

PHYSICAL	EMOTIONS	THINKING
Headaches	Worries and fears	Remembering things
Sleeping problems	Panic attacks	Understanding things
Sensitive to light or noise	Flashbacks	Paying attention or focusing
Vision problems	Sadness	Following directions
Dizziness	Depression	Getting things started
Balance problems	Hopelessness	Figuring out what to do next
Fatigue	Anger or rage	Organizing things
Seizures	Irritable	Controlling emotions or reactions

Are you having thoughts of suicide?

YES NO

Are you struggling with alcohol or drugs?

YES NO

Are you having any other health issues you want to share with us?

YES NO

S

Have you or anyone else (like a friend or family member) ever thought you should **see a doctor or a counselor**, go to the emergency room, or get help for anything above?

YES NO



# WE CAN HELP!

## RESOURCES FOR HEALING



An advocate can give you a copy of **JUST BREATHE** and **INVISIBLE INJURIES**.

**JUST BREATHE** has self-care ideas for better sleep, calming your body, managing anger, and more!

**INVISIBLE INJURIES** has more information about what happens when your head has been hurt and coping with common physical, emotional, and thinking challenges.

## DAILY LIFE

We want to make our services work for you. Here are some ways we might be able to help. We can also come up with other ideas.

PHYSICAL	EMOTIONS	THINKING
Provide ear plugs and/or sleep masks to help with sleep	Create a CARE plan with an advocate and use other resources in <b>JUST BREATHE</b>	Creating checklists or calendars
Use sunglasses or adjust light as needed for light sensitivity	Extra check-ins	Shorter and more frequent meetings with staff; written summaries shared if helpful
For balance and dizziness challenges, assignment to a ground floor room if possible and help decluttering	Identifying and limiting triggers	Creating a routine
	Help identify supports and coping strategies	Making appointments for time of day that you are most alert and clear

## HEAD TRAUMA INFORMATION

Referral to: \_\_\_\_\_

RECENT

On \_\_\_\_\_ (date), I:

- ☐ Was choked or strangled
- ☐ Was hit on the head
- ☐ Experienced altered consciousness

What I noticed immediately after:

\_\_\_\_\_

I have a prior history of:

- ☐ Being choked or strangled
- ☐ Being hit on the head
- ☐ Experiencing altered consciousness

Approximate Number of Times: \_\_\_\_\_

Most Recent Time (date): \_\_\_\_\_

HISTORY

I am most concerned about: \_\_\_\_\_

# ADVOCATE GUIDE FOR CHATS



**CHATS** helps you **CONNECT** with survivors, **IDENTIFY** and **PROVIDE INFORMATION** on head injuries, and **ACCOMMODATE** people's needs.

## • FIRST •

**Thank Them.** Offer a Head Injury Card.

**Ask?** Would you like to share more about what happened?

**Validate Feelings and Experiences.**

**Educate:** There are things you can do on your own and things we can do together to help.

## • IF RECENT •

### 1. Identify possible dangerous symptoms.

- Review and circle warning signs on card
- Encourage medical follow-up if needed

### 2. Monitor symptoms for several days.

- Identify safe place and person to stay with
- If in shelter, schedule regular check-ins

### 3. Offer Invisible Injuries and highlight:

- Page 5 - Track Symptoms
- Page 11 - Tips for Anyone

## • IF REPEATED •

**Ask?** What have you noticed that is different since your head was hurt?

**Educate:** Repeated head trauma can cause more problems.

## • IDENTIFY ACCOMMODATIONS •



**Ask?** Can you share more with me about the troubles you circled?

**Ask?** What is currently bothering you the most?

**Work together:** Identify accommodations and implement them.

**Educate:** Review Invisible Injuries pages 8-10, if applicable.



## • IF "YES" TO: •

**Suicide.** Additional suicide screening. Follow agency protocol. If indicated, connect to clinical care, do not leave person alone. Discuss rest of the topics later.

**Substance use.** Explain agency policies, discuss harm reduction offer referral for substance use services.

**Health issues.** Ask for more information. (Consider injuries, medication, allergies, etc.)

## • POSSIBLE REFERRAL •

**Determine need** for medical or mental health referral.

**Discuss sharing** information about history of head trauma with provider.

**Fill out** applicable boxes under Head Trauma Information on the back of CHATS.

For More  
Information,  
Contact [www.odvn.org](http://www.odvn.org)  
614-781-9651  
[rachelr@odvn.org](mailto:rachelr@odvn.org)

# HAS YOUR HEAD BEEN HURT?

It can affect your life in many different ways. Rest and time help, but you might need additional care, especially if your head has been hurt more than once.

## Has your partner...

- Hit you in the face, neck or head?
- Tried to choke or strangle you?
- Made you fall and you hit your head?
- Shaken you severely?
- Done something that made you had trouble breathing or black out?



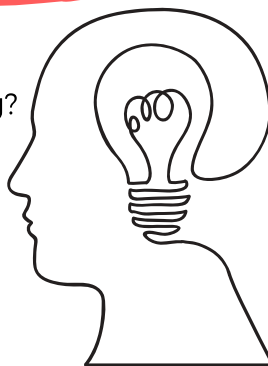
## Are you having physical problems?



- Headaches?
- Fatigue, feeling dazed, confused, or in a fog?
- Changes in your vision?
- Ringing in your ears?
- Dizziness or balance problems?
- Seizures?
- Pain in your head, face or neck?

## Are you having trouble...

- Remembering things?
- Paying attention or focusing?
- Getting things done?
- Organizing things?
- Following conversations?
- Feeling motivated?
- Controlling your emotions?



**IF YOU SAID YES, YOU MIGHT HAVE A HEAD INJURY.**

**Talk to a domestic violence advocate or go to [www.odvn.org](http://www.odvn.org)**

# AFTER A HEAD INJURY



See a doctor and tell them you have been hurt in head or choked, especially if you have ANY symptoms that worry you or someone else.



Stay with someone safe for 24 to 72 hours to watch for the red flags listed below.

## Danger Signs/Red Flags

These don't happen often, but if they do it's really important to see a doctor.



- ✓ A headache that does not go away or gets worse
- ✓ One pupil (eye) is larger than the other
- ✓ No memory of what happened
- ✓ Extreme drowsiness or having a hard time waking up
- ✓ Slurred speech, vision problems, numbness, or decreased coordination
- ✓ Repeated vomiting or nausea, or shaking or twitching
- ✓ Unusual behavior, confusion, restlessness or agitation
- ✓ You peed or pooped unintentionally
- ✓ You were knocked out, passed out, or lost consciousness

If you were choked or strangled:

It can be a terrifying experience and very dangerous. Even if you don't have any marks, serious injuries can happen under the skin, get worse over the next few days, cause long term damage and even death.

## SEE YOUR DOCTOR IMMEDIATELY IF:

- YOU HAVE A HARD TIME BREATHING
- IT'S PAINFUL TO BREATHE
- YOU HAVE TROUBLE SWALLOWING
- YOUR VOICE CHANGES
- YOU HAVE PROBLEMS SPEAKING



## We care about your safety.

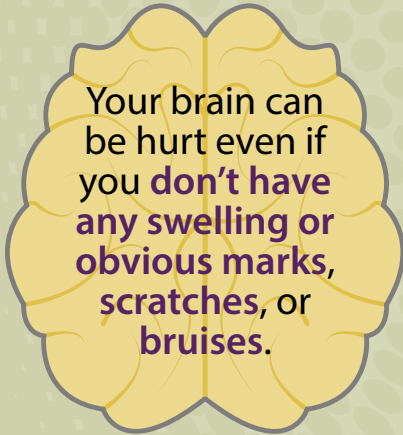
People who put their hands around their partner's neck are very dangerous and are much more likely to seriously harm or kill you. Talk to a domestic violence advocate about safety planning.

DV NUMBER: \_\_\_\_\_

This brochure was produced by the Ohio Domestic Violence Network under grant 2016-VX-GX-K012, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings and conclusions or recommendations expressed in this brochure are those of contributors and do not necessarily represent the official policies of the U.S. Department of Justice.



# INVISIBLE INJURIES<sup>©</sup> When Your Head is Hurt While Experiencing Domestic Violence



Your brain plays a role in everything your body does. So when it gets hurt, it can change everything.

## **Your brain could have been hurt if your partner ever...**

- ◆ Choked or strangled you, or did something that made it hard to breathe
- ◆ Hit, hurt, punched, or kicked you in the head, neck, or face
- ◆ Made you fall and you banged your head, or shook you really hard

If you ever hit your head—like in an accident, tripping, falling—that could have hurt your brain, too.

This violence can cause a head injury, which happens when there is a change in how your brain normally works. Your brain can be affected for a few minutes, hours, or days... but sometimes it's weeks, months, years, or forever.

You could have problems **right away** or you might feel okay now, but **have problems later.**

## **You Are NOT ALONE**

**Strangulation causes a head injury and hurts your brain!**  
**Strangulation is dangerous and deadly...**

...even if you have no marks—most people don't.

...even if you don't pass out.

...even if you don't feel like it's a big deal—it is.



You can be unconscious in seconds, and die within minutes.

### **It's not over when it's over.**

People often thought they were going to die. It's a traumatic experience that affects our body, thoughts, and feelings.

### **It can impact your life for a long time.**

These injuries can make it more difficult for your brain to do many things it needs to for you to live your daily life, get and keep a job, and be healthy.

If you have been strangled, your partner is over 7 times more likely to kill you.

**7x**



## What might I notice that could be a sign my brain was hurt?

- ◆ Felt funny or something seemed different or off
- ◆ Don't remember what happened
- ◆ Felt dazed and confused, like your head was in a fog, or worried you were losing it
- ◆ Couldn't see right or saw stars and spots
- ◆ Felt dizzy or clumsy or had problems with balance
- ◆ Had headaches, pain in your face and neck, or bruising or swelling
- ◆ Felt agitated or restless and couldn't calm down
- ◆ Had problems with sleeping—too much, too little, or bad sleep

These symptoms generally get better with time, though not always.

## What should I do if I was recently hurt in the head?

- ◆ **Stay with someone safe for at least 3 days** to watch for signs you need medical care.
- ◆ **See a doctor if you can**, especially if you or someone else is worried about something.

## Get Medical Care if You Have:

- ◆ A headache that does not go away or gets worse
- ◆ One pupil (eye) is larger than the other
- ◆ Trouble remembering what happened
- ◆ Extreme drowsiness or difficulty waking up
- ◆ Slurred speech, numbness, or decreased coordination
- ◆ Repeated vomiting or nausea
- ◆ Been shaking or twitching
- ◆ Unusual behavior, confusion, restlessness, or agitation
- ◆ Peed or pooped unintentionally
- ◆ Lost consciousness, passed out, or were knocked out

If it's **hard** or **painful** to **breathe**, **swallow**, or **talk**.

## Common Troubles after a Head Injury

These are **not** signs you are stupid or crazy

### Physical

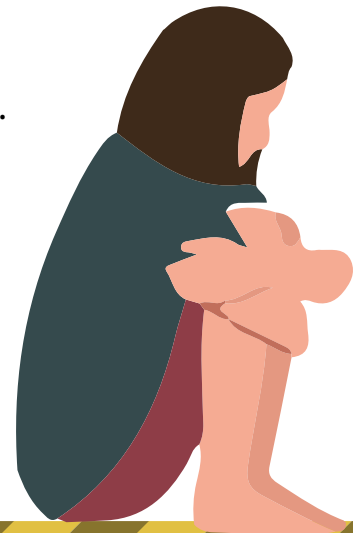
Headaches  
Sleeping Problems  
Sensitive to light or noise  
Dizziness  
Balance Problems  
Fatigue  
Seizures

### Emotions

Worries and fears  
Panic attacks  
Flashbacks  
Sadness  
Depression  
Hopelessness  
Anger or rage  
Irritable

### Thinking

Remembering things  
Understanding things  
Paying attention or focus  
Following directions  
Getting things started  
Figuring out what to do next  
Organizing things  
Controlling your emotions or reactions



# What are some strategies for dealing with common problems after a head injury?



**Problem:** Nightmares and flashbacks, feeling jumpy, anxious or withdrawn, racing heart. These are signs you have survived something traumatic.

- ◆ Focusing on your breath and breathing deeply
- ◆ Distract yourself
- ◆ Talk to others for support
- ◆ Learn more about trauma



**Problem:** Memory.

- ◆ Write down events in a calendar
- ◆ Record things in an app on your phone
- ◆ Always put items (phone, keys, wallet) in the same place
- ◆ Set up alerts or reminders in your phone
- ◆ Request additional reminders for meetings or appointments



**Problem:** Light or noise bothers you, or you have problems seeing right.

- ◆ Use earplugs, headphones, adjust lighting, wear sunglasses
- ◆ Get eyes checked
- ◆ Increase text size on devices



**Problem:** Communicating and understanding—when talking, reading, or writing.

- ◆ Ask people to talk slowly or explain information
- ◆ Re-read/review information a few times
- ◆ Ask for help when you need it



**Problem:** Planning, organizing or problem solving, making decisions, or getting things started.

- ◆ Break things down (or ask for help in breaking things down) into smaller steps
- ◆ Write down different ideas to solve problems and discuss them with someone you trust
- ◆ Use a timer to help you get started and work for a set period of time
- ◆ Take a break when you get frustrated and come back later



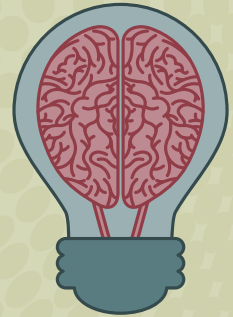
**Problem:** Concentrating and paying attention.

- ◆ Do one thing at a time
- ◆ Do things for a shorter period of time
- ◆ Have shorter meetings, activities and conversations
- ◆ Work where it's quiet and distraction-free



# Can brain injuries heal?

You are amazing, and so is your brain. Your brain can heal, and brain injuries can get better, especially when they get identified early. There are many different ways professionals treat brain injuries, but who will help you depends on how you were affected by your head injury. If your vision is off, you will see someone different than if you are having seizures, or if you are having thinking problems such as paying attention or focusing.



## What helps my brain get better after it was hurt?

Get good sleep

Don't do anything that makes you feel worse

Don't use screens for a few days, the light and stimulation can hurt your brain

Take it easy and rest your brain and body

Plan ahead

Expect things to take extra time

Take breaks

Do important things in the morning, because your brain is fresher

Try to avoid your head being hurt again

# You Are **STRONG**



## To talk with someone about domestic violence:

Call the National Hotline at  
**1-800-799-7233** to find your  
nearest program.

Your local program:

To learn more about head injuries caused by domestic violence go to  
[www.odvn.org/brain-injury](http://www.odvn.org/brain-injury)





# NEURALGIC INJURIES<sup>®</sup>

When Your Head is Hurt

To talk to someone please contact

The National Domestic Violence  
**HOTLINE**

**1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)**

Developed by



1855 E. Dublin Granville Road, Suite 301

Columbus, OH 43229

1-800-934-9840 • [www.odvn.org](http://www.odvn.org)

[info@odvn.org](mailto:info@odvn.org)

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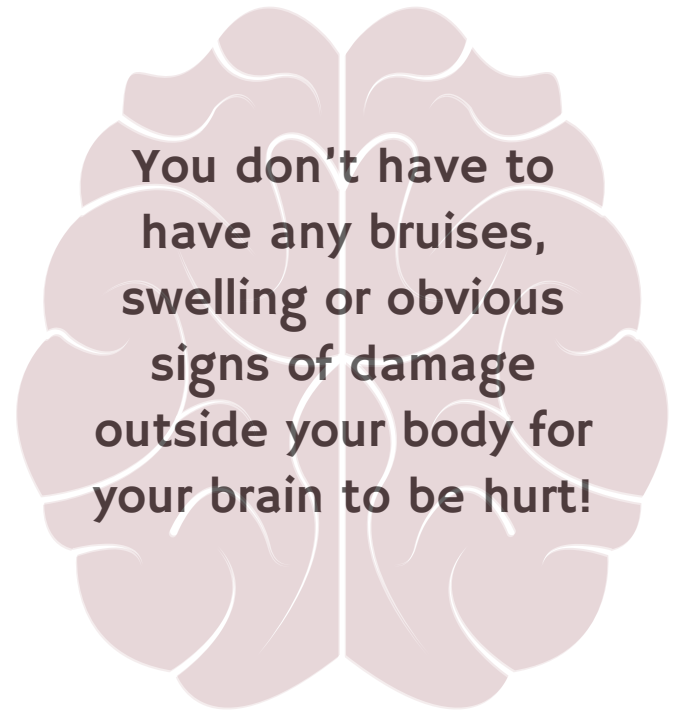
# WHAT HAPPENS WHEN YOUR HEAD GETS HURT



What is a head injury?



A head injury is when there is a change to how your brain normally works due to a bump, blow, or jolt to your head. Or when your brain does not get the oxygen or blood it needs, like when someone chokes you or does something that messes with your breathing. Sometimes the change is temporary and sometimes it lasts longer.



Just like broken arms, brains need time to heal. It might feel like your brain isn't working right or that it's hard doing things you used to. This happens to all brains that have been hurt.



Sometimes the problems get better or go away. Even if they don't, you can do things that can help.

# WHAT CAUSES A HEAD INJURY



## How might I get a head injury?

An abuser most often targets a person's head, neck or face, more than anywhere else on the body.

### YOU MIGHT GET A HEAD INJURY IF YOUR PARTNER:

- Hits you in the face or the head
- Puts their hands around your neck or tries to choke or strangle you
- Makes you fall and you hit your head
- Shakes you severely
- Has done something that made you pass out, lose consciousness, or have trouble breathing. Did your partner sit on your chest, suffocate you, or put their hand over your mouth so you can't breathe or put you in a choke hold?

You can also get a head injury from things that have nothing to do with domestic violence. Maybe you hurt your head when you were a kid. You could fall and trip, be in a car accident, or in another type of accident or situation where your head was hurt and your brain doesn't work normally.



*An abuser most often targets a person's head, neck or face, more than anywhere else on the body.*

# RIGHT AFTER YOUR HEAD HAS BEEN HURT



## After a head injury, what can I expect?

After a head injury it is common to:

- Ask yourself, “Where am I? What just happened?” or not be able to remember recent events.
- Black out (also called losing consciousness). You might not know if it happened,. A clue might be if suddenly are in a different place or position than you last remember being in.
- Feel like you are “losing it”, feel dazed and confused, or as if your head is in a fog.
- Have changes in your vision, see stars or have ringing in your ears.
- Feel dizzy or have problems with balance.
- Have headaches, pain in your face or neck, or bruising or swelling.

## Do I need to go to the doctor?

*These symptoms generally get better with time, but not always.*

- It's always a good idea to see a doctor and tell them you have been hurt in the head or strangled or choked, especially if ANYTHING worries you or someone else.
- Stay with someone safe for 24-72 hours to watch for the warning signs on the next page. If any of these happen, get medical care immediately.





# WARNING SIGNS

- A headache that does not go away or gets worse
- One pupil (eye) is larger than the other
- You can't remember what happened
- Extreme drowsiness or difficulty waking up
- Slurred speech, numbness, or decreased coordination
- Repeated vomiting or nausea
- Shaking or twitching
- Unusual behavior, confusion, restlessness, or agitation
- You peed or pooped unintentionally
- Loss of consciousness, passed out or knocked out

## IF YOU HAVE BEEN CHOKED OR STRANGLERED:

- It becomes more difficult or painful to breathe
- You have trouble swallowing
- Your voice changes
- You have problems speaking



## COMMON SIGNS OF A HEAD INJURY

### PHYSICAL:

- ☐ Headaches
- ☐ Sleeping problems
- ☐ Sensitive to light or noise
- ☐ Dizziness
- ☐ Balance problems
- ☐ Fatigue
- ☐ Seizures

### EMOTIONS:

- ☐ Worries and fears
- ☐ Panic attacks
- ☐ Flashbacks
- ☐ Sadness
- ☐ Depression
- ☐ Hopelessness
- ☐ Anger or Rage
- ☐ Irritable


### THINKING:

- ☐ Remembering things
- ☐ Understanding things
- ☐ Paying attention or focusing
- ☐ Following directions
- ☐ Getting things started
- ☐ Figuring out what to do next
- ☐ Organizing things
- ☐ Controlling your emotions or reactions

## LOG OF SYMPTOMS

Filling this out will help you see if your injury is getting better or not. If symptoms aren't getting better within 2 or 3 weeks, consider sharing this log with your doctor and telling them that you have been hurt in your head.

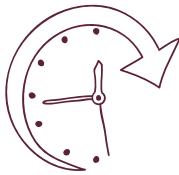
Date/time	Symptom	How often in 24 hrs?	Severity (1-10)	Notes

 **NOTE:** If your head gets hurt again before your brain has healed, it can mean that problems might be more severe, last longer, or become permanent.

# STRANGULATION IS A HEAD INJURY & HURTS YOUR BRAIN.

**Strangulation is dangerous and deadly.**

- Even if you have no marks--most people don't.
- Even if you didn't pass out.
- Even if you don't feel like it's a big deal, it is.



**YOU CAN BE UNCONSCIOUS IN SECONDS AND CAN DIE WITHIN MINUTES--OR IT CAN KILL YOU DAYS AFTER IT HAPPENED.**

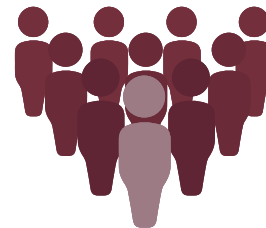


**Even with no marks.**

You can't see the most dangerous injuries because they happen under the skin. They can get worse over a few days and can cause permanent brain damage and even death.

**It usually stays with you after its over**

Many victims have been choked over and over and they thought they were going to die when it happened. This trauma can affect our body, our thoughts, and feelings. Sometimes these changes go away and sometimes they stay for a while.



**IT HAPPENS A LOT TO VICTIMS & CAN BE TERRIFYING AND PAINFUL.**

**7 X**

**IF YOU HAVE BEEN STRANGLED, YOUR PARTNER IS 7 TIMES MORE LIKELY TO KILL YOU.**

**Most people who have been strangled and are murdered are killed by guns.**

If you've been choked by your partner and they can get a gun, this is even more dangerous and could be lethal. Reach out to your domestic violence program and talk with an advocate about safety planning.

# IMPORTANT SAFETY PLANNING

## IMPORTANT CONTACTS

IN IMMEDIATE DANGER: *call 9-1-1* .....

DV PROGRAM #: .....

TRUSTED PERSON #: .....

MY DOCTOR #: .....

where I feel safest  
when I'm at home:

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where I feel safest  
outside my home:

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some things I can do to  
protect my head:

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what I can do to  
keep my kids safe:

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Notes:

# COMMON PROBLEMS AFTER A HEAD INJURY

what you can  
do to help!



## PROBLEM:

**Nightmares or flashbacks; feeling jumpy, anxious or withdrawn; tense muscles or a racing heart.**

These are responses to really scary things (called trauma responses) and most domestic violence survivors experience them. They are NORMAL reactions and usually resolve themselves over time as you begin to feel safe again.

## ways to help:

- ✓ Focus on your breath. Breathe in and out slowly to help your body calm down.
- ✓ Distract yourself by doing something you enjoy, like listening to music, going for a walk or doing an art project.
- ✓ Talk to others for support, like a trusted friend or family member, a domestic violence advocate, or a therapist or other professional.
- ✓ Learn more about common reactions to trauma.



## PROBLEM:

**You have trouble remembering things.**

## ways to help:

- ✓ Use a memory/organizational book or an app on your phone to keep important information including to do lists, calendars and phone directories. Look for the monthly and daily planner later on in this booklet.
- ✓ Set a central location where you always put important things, such as keys, glasses, or your wallet.
- ✓ Come up with strategies like developing associations (always take medication with breakfast), following a routine, and changing your environment so that you rely less on your memory.

# COMMON PROBLEMS AFTER A HEAD INJURY

& what you  
can do to  
help!



## **PROBLEM:**

**Noise, light, or sound bothers you or your vision is off.**

### **ways to help:**

- ✓ Use earplugs, headphones, sunglasses, or adjust lighting if necessary.
- ✓ If vision problems don't get better, consider going to an eye doctor to get an exam and see if you need new glasses.
- ✓ Make text bigger on your computer or your phone so you can see better.



## **PROBLEM:**

**You have a hard time understanding information.**

Often information doesn't seem to make sense and it feels like everything is slow. Your brain has to work harder to understand the same information because it is injured.

### **ways to help:**

- ✓ Ask people to talk more slowly.
- ✓ Re-read or review information multiple times.
- ✓ Have shorter meetings, activities or conversations with people.



# COMMON PROBLEMS AFTER A HEAD INJURY

& what you  
can do to  
help!



## PROBLEM:

Difficulty planning, organizing, or problem solving.  
It's hard to start new things or finish things.

### ways to help:

- ✓ When problem solving, write down several ideas for solving the problem, and talk them over with someone you trust.
- ✓ Work on breaking down large tasks into smaller steps.
- ✓ Use a timer or an alarm to help yourself get started and work on something for a set period of time.
- ✓ Take a break when you get frustrated and go do something else. Come back to it later.



## PROBLEM:

It's hard to concentrate or pay attention.

### ways to help:

- ✓ Do only one thing at a time.
- ✓ Take frequent breaks when trying to do something.
- ✓ Work where it is quiet and you don't have too many distractions.

# tips for anyone with a head injury

## **GET GOOD SLEEP**

Try to get good sleep and re-establish sleep patterns. Identify what helps you sleep (a dark room or sleeping with a fan).

## **MOVE YOUR BODY**

Get exercise daily. Exercise improves your ability to think.

## **LESS SCREEN TIME**

Avoid screens (television, tablets, phones) for a few days after the injury.

## **TAKE IT EASY**

Try to stay away from things that are really demanding for a while. You are more vulnerable to pain, stress and fatigue after a head injury.

## **PLAN AHEAD**

Plan ahead and schedule additional time to do things so you feel less frustrated.

## **TAKE BREAKS**

Take frequent breaks and rest throughout the day.

## **MORNING BRAIN POWER**

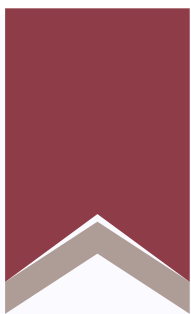
If you are going to do something stressful or hard, do it in the morning, when your brain is more rested.

## **START SLOW**

Ease back into activities, jobs, or life obligations. Begin doing things for a short period of time. Gradually do things for a longer time so your brain and your body can adjust.

## **STAY SAFE**

Problems last longer when your brain is hurt again and again without time for it to heal. Try to protect your head whenever possible.



**MONTH:** .....

**MONTHLY PLANNER**

## MONTHLY GOALS

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

## NOTES

## DATES TO REMEMBER

- .....
- .....
- .....
- .....

## IMPORTANT CONTACTS

- ☐ Doctor: .....
- ☐ Advocate: .....
- ☐ Crisis hotline: .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

# My Daily Planner

DATE

DAY

TO DO:

- ☐
- ☐
- ☐
- ☐
- ☐

DON'T FORGET:

- ☐
- ☐
- ☐
- ☐
- ☐

IMPORTANT:

SELF-CARE GOALS

go to bed early, take walk, less screen-time, do art



KarisseJoy.com

My domestic violence program's:

Name: .....

phone #: .....



**TO FIND YOUR NEAREST PROGRAM PLEASE CALL  
THE NATIONAL DOMESTIC VIOLENCE HOTLINE AT  
1-800-799-7233**