

EMERGENCY.....911

Services for Children & Teens:

Buckeye Ranch..... 614-875-2371
Ctr. for Child & Family Adv..... 614-722-8200
Community for New Dir..... 614-272-1464
Dir. for Youth & Families..... 614-294-2661
Franklin Co. Children Svs..... 614-229-7000
Huckleberry House..... 614-294-5553
Natl. Teen Dating Abuse Hotline.. 866-331-9474
Ohio Youth Advocate Prog..... 614-487-8758
St. Vincent's Family Centers..... 614-252-0731
United Methodist
Children's Home..... 614-885-5020

Services for Adult Victims:

Beit Ohr (Cont. Mike Broidy)... 614-449-4200
BRAVO (GLBT Services)..... 866-862-7286
CHOICES, 24hr crisis/shelter... 614-224-4663
Cols. Urban League, Victim
Asst. Program..... 614-257-6300
Natl. Dom. Violence Hotline... 800-799-7233
Mt. Carmel, Crime & Trauma.. 614-234-5900
Ohio Dom. Viol. Network..... 800-934-9840
Shalom Task Force..... 888-883-2323

Services for Seniors:

Adult Protective Services..... 614-525-4348
Long Term Care Ombudsman
Program..... 800-282-1206

Help for Victims of Abuse

Changing Attitudes
Changing Lives



No one deserves to be abused. If this is happening to you, it is not your fault. Help is available by calling any of the phone numbers listed on this card. Remember that you are not alone.

Here's How to Protect Yourself

- Talk to a friend, neighbor, minister or doctor – they can be a good source of support and help.
- Make a plan in case you decide to leave. Set aside some cash, important documents, (birth certificates, social security cards, etc.), a spare set of keys, and a change of clothes that you can access easily in a crisis situation.
- Contact community resources to find out how they can help. They can assist you if you need a place to stay or need help taking legal action against the person who is abusing you.
- If you are in an emergency situation, call 911. The police or sheriff's office can get you and your children away from risk.

Here's How to Help Others

To help someone who is being abused:

- Plan what you want to say, determine a good time and place to talk.
- Ask questions like “How can I help you? What do you want to do about the situation?” Listen without judgment. Do not moralize or criticize. Give the victim plenty of time to answer.
- Don't say “Just get out” – it is not a safe piece of advice.
- Let the victim know that you believe that verbal, emotional or physical abuse in a relationship is never acceptable.

- Provide her with information about local resources that can help.

To help a child who is being abused:

- Report your suspicions of child abuse to Franklin County Children Services. All calls are confidential.

To help a senior citizen who is being abused:

- Report your suspicions of elder abuse or neglect to Adult Protective Services. All calls are confidential.

To help someone who is a batterer:

- Refer him/her to one of the intervention programs listed on this card.

www.ccafv.org

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Legal Resources:

- Cap. Univ. Family Adv. Clinic...614-236-6779
- City Prosecutor's Office.....614-645-7483
- Franklin Co. Prosecutor's Off...614-525-3555
- Legal Aid Society of Cos.....614-224-8374

Batterers' Intervention Programs:

- Africentric Pers. Dev't. Shop...614-253-4448
- Crossroads.....614-445-0352
- Southeast, Inc.....614-225-0990

Other Programs & Services:

- ASHA - Ray of Hope.....614-565-2918
- Asian Am. Comm. Svs.....614-220-4023x235
- Capital Area Humane Soc.....614-777-7387
- Catholic Social Services.....614-221-5891
- Elizabeth Blackwell Center.....614-566-5353
- Jewish Family Services.....614-231-1890
- New Directions Career Center...614-849-0028
- Ohio Attorney General Crime Victim Services.....800-582-2877
- Ohio Hispanic Coalition.....614-840-9934
- Rape Helpline (24hr).....614-267-7020
- SARNCO (Sexual Assault Services)614-566-4414
- Suicide Prevention Hotline.....614-221-5445
- The Somali Women & Children's Alliance.....614-473-9999