

EMERGENCY .....911

**Services for Children & Teens:**

Ctr. for Child & Family Adv. ....614-722-4044

Community for New Dir. ....614-272-1464

Dir. for Youth & Families .....614-294-2661

Franklin Co. Children Svcs. ....614-229-7000

Huckleberry House .....614-294-5553

Ohio Youth Advocate Prog. ....614-717-8000

Prevent Child Abuse Ohio .....614-722-6800

St. Vincent's Family Centers.....614-221-7855

**Services for Adult Victims:**

Beit Ohr (Cont. Mike Broidy) ..614-449-4200

BRAVO (GLBT Services).....866-862-7286

CHOICES, 24 hr crisis/shelter ....614-224-4663

Dom. Violence Natl. Hotline.....800-799-7233

Mt. Carmel, Crime & Trauma...614-234-5900

Ohio Dom. Viol. Network .....800-934-9840

Shalom Task Force .....888-883-2323

Welcome to Our Place.....614-431-3542

**Services for Seniors:**

Adult Protective Services

Weekdays, 9-5.....614-462-4348

Evening & Weekends .....614-462-4356

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.TheColumbusCoalition.org](http://www.TheColumbusCoalition.org)

### Legal Resources:

Cap. Univ. Family Adv. Clinic.....614-236-6779  
City Prosecutor's Office .....614-645-7483  
Franklin Co. Prosecutor's Off. ...614-462-3555  
Legal Aid Society of Cols. ....614-224-8374

### Batterers' Intervention Programs:

Africentric Pers. Dev't. Shop.....614-253-4448  
Crossroads .....614-445-0352  
Lutheran Social Services.....614-421-3611  
Mt. Carmel Non-Violence.....614-234-2939  
Southeast, Inc. ....614-225-0980

### Other Programs & Services:

Asian American Comm. Ser. ....614-220-4023  
Capital Area Humane Soc. ....614-777-7387  
Catholic Social Services.....614-221-5891  
E. Blackwell Rape Couns. ....614-566-5353  
FIRSTLINK (Info and referrals) ...614-221-2255  
Jewish Family Services .....614-231-1890  
Latino Outreach.....614-462-6700 x214  
Parent Connection Line.....614-224-2273  
Rape Helpline (24-hr).....614-267-7020  
Suicide Prevention Hotline.....614-221-5445  
United Way of Central Ohio.....614-227-2700

### My Numbers: \_\_\_\_\_