

EFFECTS OF INTIMATE PARTNER VIOLENCE

RESOURCES

NATIONAL DOMESTIC VIOLENCE

24-HOUR HOTLINE

800-799-SAFE (7233) | TTY: 800-787-3224

Text "START" to 88788 if it's not safe to speak

<https://www.thehotline.org>

Types of Abuse (Full List)

<https://www.thehotline.org/resources/types-of-abuse>

Interactive Guide to Safety Planning

<https://www.thehotline.org/plan-for-safety/create-a-safety-plan>

WEBSITES

National Coalition Against Domestic Violence

<https://ncadv.org>

Rape, Abuse, and Incest National Network

<https://www.rainn.org>

One Love Foundation

www.joinonelove.org

Victim Connect Resource Center

<https://victimconnect.org>

APPS (iOS / Android)

[B Safe](#)

Voice activation, tracking

[Noonlight](#)

Silently summon help

[RAINN](#)

Rape, Abuse, and Incest National Network

[MyPlan](#)

Screen, assessment

[Rev Voice](#)

Record and document abuse

[RUSafe](#)

Screen, assessment

BOOK

Land, S. (2019). *Maid*. Legacy Lit.

PODCASTS

Chaviers, M. (Host). (2021-present). *I'm a survivor*. [Audio podcast]. <https://anchor.fm/hmisty387gmailcom>

Goffard, C. (Host). (2017-2018). *Dirty John*. [Audio podcast]. <https://www.latimes.com/projects/la-me-dirty-john>

Looijenga, A. (Host). (2017-2018). *PAVE: Professionals against violence*. [Audio podcast].

<http://www.aliannelooijenga.com/category/pave>

Stevenson, J. (Host). (2018-2022). *The survivor's guide to life*. [Audio podcast].

<https://www.thesurvivorsguidetolife.com/episodes>

Zada, M. (Host). (2015-2019). *Shatterproof: thriving after domestic violence*. [Audio podcast].

<https://podcasts.apple.com/us/podcast/shatterproof-thriving-after-domestic-abuse/id1016695524>

TV SERIES

Ackerley, T., Hedblom, B, Jontow, E., Land, S., Metzler, M. S., & Wells, J. (Executive Producers). (2021). *Maid* [TV series]. John Wells Productions; Netflix.

INFOGRAPHIC

Domestic Abuse Intervention Programs. (2017). *Power and control*. [Infographic].

<https://www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf>



800-222-0364

TTY: 888-262-7848

foh4you.com