Nobody deserves to be afraid.
I deserve to feel safe.

If your partner is hurting you emotionally or physically, talk to your health care provider or call the New York City Domestic Violence Hotline.

Call 311 or 1-800-621-HOPE (1-800-621-4673)
Available 24 hours a day.

If you are in immediate danger, call 911.
Abuse is...
Always wrong.
Always harmful.
Never your fault.
Get help — Protect yourself.

If your partner is hurting you emotionally or physically, talk to your health care provider or call the New York City Domestic Violence Hotline.

Call 311 or 1-800-621-HOPE (1-800-621-4673) Available 24 hours a day.

If you are in immediate danger, call 911.

Michael R. Bloomberg
Mayor

Thomas R. Frieden, MD, MPH
Commissioner
Partner violence is like a disease.
It hurts people.
It’s not healthy.
It can spread through families.
Get help – Stop the spread of violence.

If your partner is hurting you emotionally or physically, talk to your health care provider or call the New York City Domestic Violence Hotline.

Call 311 or 1-800-621-HOPE (1-800-621-4673)
Available 24 hours a day.

If you are in immediate danger, call 911.
Partner violence affects children. Children learn behaviors they see and they repeat the cycle of violence.
THE CYCLE STOPS WITH ME.
Get help – for your children’s sake.

If your partner is hurting you emotionally or physically, talk to your health care provider or call the New York City Domestic Violence Hotline.

Call 311 or 1-800-621-HOPE (1-800-621-4673) Available 24 hours a day.

If you are in immediate danger, call 911.