

# Taking Action

AGAINST DOMESTIC VIOLENCE

► **Recognize** **LISTEN** empathetically  
**ASK** about physical & emotional abuse

► **Respond** **ACCEPT** and validate  
**DOCUMENT** and maintain confidences

► **Refer** **CONTACT** law enforcement if necessary  
**CALL** the resources on the next page

## If you know someone being abused...

### Do

- Listen
- Validate – Say (as often as you can)
  - I believe you
  - You don't deserve this.
- Maintain confidentiality
- Refer them to a professional and offer to come along
- Document what they tell you

### Don't

- Give advice
- Judge
- Offer mediation as a solution
- Question their story or experience

# RESOURCES & REFERRALS

## AREA FAMILY VIOLENCE CRISIS CENTERS & SHELTERS

Aid to Victims of Domestic Abuse (AVDA)	713-224-9911
The Bridge Over Troubled Waters	713-473-2801
Bay Area Turning Point	281-286-2525
Daya	713-981-7645
Houston Area Women's Center	713-528-2121
Family Time	281-446-2615
Ft. Bend County Women's Center	281-342-4357
Montgomery County Women's Center	936-441-7273
Montrose Counseling Center (LGBT)	713-529-3211
Galveston County Women's Center	888-919-7233 409-765-7233
Northwest Assistance Ministries	888-750-4673
Counseling and Advocacy	281-885-4673
Basic Needs	281-583-5620

## FAMILY / HOMELESS SHELTERS

The Salvation Army of Houston	713-650-6530
Star of Hope	713-222-2220
Mission of Yahweh	713-466-4785

## HOTLINES

National Domestic Violence Hotline	800-799-7233
CDC National AIDS Hotline	800-232-4636
Child Abuse Prevention Hotline	800-4-A-CHILD
Child & Adult Protective Services	800-422-4453
Rape, Abuse and Incest National Hotline Network (RAINN)	800-656-4673
Crisis Intervention of Houston (Mental Health)	713-468-5463
Teen Hotline	713-529-TEEN
Suicide Hotline	800-273-8255

## COUNSELING

Aid to Victims of Domestic Abuse (AVDA) Counseling & Battering Intervention	713-224-9911
Innovative Alternatives	713-222-2525
Daya	713-981-7645
Depelchin Children's Center	713-730-2335 888-730-2335
Community Family Center (Español)	713-923-2316
Center for Counseling	713-263-0829
Catholic Charities	713-526-4611

## LEGAL SERVICES

Harris County District Attorney Family Criminal Law Division	713-755-5888
Aid to Victims of Domestic Abuse	713-224-9911
Houston Volunteer Lawyers	713-228-0732
Lone Star Legal Aid Foundation	713-652-5911 800-733-8394
Family Violence Legal Line	800-374-4673

## POLICE

Pasadena	713-477-1221
La Porte	281-471-3811
Deer Park	281-479-1511
South Houston	713-944-1910
Galena Park	713-675-2566
Jacinto City	713-672-2455
Harris County Sheriff's Department Homicide Division	713-274-9100
Harris County Sheriff's Special Victims Unit	713-274-9370
HPD Family Violence Unit	713-308-1100
Houston Police Department	713-222-3131