

The National Women's Health Information Center
U.S. Department of Health and Human Services
Office on Women's Health



If someone you know is a victim of abuse or violence, or they are recovering from an assault by a stranger, they are not alone. Immediate help and support are available.

The [National Domestic Violence Hotline](#) can be reached 24 hours a day, 7 days a week at 1-800-799-SAFE (7233) and 1-800-787-3224 (TTY). When dialing the hotline, one may first hear a recording and may have to hold. Hotline staff offers crisis intervention and referrals. If requested, they connect women to shelters and can send out written information.

The [National Sexual Assault Hotline](#) can be reached 24 hours a day, 7 days a week at 1-800-656-4673. When dialing the hotline, one will hear a menu and can choose #1 to talk to a counselor. The caller will then be connected to a counselor in his or her area who can help.

Victims of abuse or violence also can contact the National Women's Health Information Center at the U.S. Department of Health and Human Services at 1-800-994-9662 or 1-888-220-5446 or visit their website at <http://www.4woman.gov/violence/groups/immigrant.cfm> about the options they have to protect themselves and their children. Regardless of visa or immigration status in the U.S., an abuse victim can get help.

For general information, including news, articles and legal resources relating to your country of origin, visit the South Asian Women's Network at www.sawnet.org, a forum and internet mailing list for and about women from India and other South Asian countries. Please note that the U.S. Consulate General, Chennai, cannot be responsible for the content posted on that website or the website of any other non-governmental organization.

