

1 in 3 women
1 in 7 men

around the world
is a victim of DV

Taking Action

Against

Domestic Violence

If you know someone who is being abused

Do

- Listen and empathize
- Maintain confidentiality
- Validate: say as often as you can



“I believe you.” &
“You don’t deserve this.”

- Refer them to a professional and offer to come along to the appointment
- Document what they tell you

Don't

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




Recognize

Listen empathetically
Ask about physical & emotional abuse



Respond

Accept & validate
Document & maintain confidences



Refer

Contact law enforcement if necessary
Call the resources listed here

Resources & Referrals

Serving Fort Bend, Galveston, Harris, Montgomery Counties

Domestic Violence Agencies, Shelters & Counseling

AADA (Asians Against Domestic Violence)	713-339-8300
An-Nisa	832-324-9111
AVDA (AID TO VICTIMS OF DOMESTIC ABUSE)	713-224-9911
 Bay Area Turning Point	281-286-2525
Daya	713-981-7645
 Family Time Crisis and Counseling Center (HUMBLE)	281-446-2615
Family Ties (WALLER)	866-675-1199
 Fort Bend County Women's Center	281-342-4357
Fresh Spirit Wellness for Women	713-588-4418
 Focusing Families (AUSTIN, GRIMES, NW HARRIS, WALLER & WASHINGTON COUNTIES)	979-826-3290
 Houston Area Women's Center	713-528-2121
Katy Christian Ministries	281-391-4357
 Memorial Assistance Ministries	713-468-4516
Montgomery County Women's Center	936-441-7273
Montrose Center (LGBTQIA)	713-529-3211
 Northwest Assistance Ministries (FAMILY VIOLENCE HOTLINE)	281-885-4673
 Resource and Crisis Center of Galveston County	888-919-7233
 The Bridge Over Troubled Waters (PASADENA)	713-473-2801

Hotlines

Childhelp National Child Abuse Hotline	800-252-5400
Crisis Intervention of Houston (MENTAL HEALTH)	832-416-1177
National Domestic Violence Hotline	800-799-7233
Rape, Abuse & Incest National Hotline Network (RAINN)	800-656-4673
Suicide Hotline	988

Legal Services

Aid to Victims of Domestic Abuse (AVDA)	713-224-9911
Texas Advocacy Project	800-374-4673
Harris County District Attorney (DOMESTIC VIOLENCE DIVISION)	713-274-0212
Houston Volunteer Lawyers	713-228-0735
Lone Star Legal Aid Foundation	713-652-0077

Law Enforcement **FOR EMERGENCIES, CALL 9111**

Baytown Police Department	281-422-8371
Ft Bend County Sheriff's Office	281-341-4665
Galveston County Sheriff's Office	409-766-2300
Harris County Sheriff's Office - Family Violence	713-221-6000
Harris County Sheriff's Office - Victim Assistance	713-274-9369
HPD - Victim Services	713-308-0080
HPD - Family Violence Unit	713-308-1100
Montgomery County Sheriff's Office	936-760-5800
Pasadena Police Department	713-477-1221