

Violence Against Women



Violence and abuse affect all kinds of people every day. Abuse can be physical, mental, and emotional. Violence against women in any form is a crime, whether the abuser is a family member; someone you date; a current or past spouse, boyfriend, or girlfriend; an acquaintance; or a stranger. Victims of violence are never at fault.

If you or someone you know has been sexually, physically, or emotionally abused, seek help from other family members and friends or community organizations. Talk with a doctor or nurse, especially if you have been physically hurt. Take time to learn more about violence against women to help yourself or someone you love.

Visit www.womenshealth.gov/violence to learn more about:

- How to reduce your risk of becoming a victim of domestic violence or sexual assault
- Signs that you may be in an abusive relationship
- How to find local resources that can provide help
- Ways to prepare for leaving an abusive relationship
- Laws that protect women from abuse
- Ways to help prevent and end violence

See our fact sheet on sexual assault at <http://www.womenshealth.gov/faq/sexual-assault.cfm>.

Resources in Spanish are available at <http://www.womenshealth.gov/espanol/laviolencia>.



U.S. Department of Health and Human
Services, Office on Women's Health



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

womenshealth.gov



If you're a victim of abuse or violence at the hands of someone you know or love, or you are recovering from an assault by a stranger, you are not alone.

To get immediate help and support call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or the National Sexual Assault Hotline at 1-800-656-4673. You can also visit the National Sexual Assault Hotline online at <http://www.rainn.org/get-help/national-sexual-assault-online-hotline>.

Office on Women's Health

The U.S. Department of Health and Human Services' Office on women's health (OWH) develops programs aiming to end violence against women. OWH works with regional women's health offices to address domestic violence, sexual assault, and violence against girls throughout the country. OWH programs have addressed how violence affects women with disabilities, men as partners in prevention, and enhancing college and university curriculums to include domestic violence and sexual assault issues.

To learn about the activities of all HHS agencies working to end violence against women, see the report *One Department: Overview of Activities on Violence Against Women* at <http://www.womenshealth.gov/owh/pub/violence-against-women.pdf>.



U.S. Department of Health and Human
Services, Office on Women's Health



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446