

****While there is a lot of language/examples used referencing romantic relationships, “domestic” can be any kind of relationship in the home.****

The resources that each organization offers can range from free counseling, support groups, legal advice, housing, and a lot more!

At the top are resources in the USA, so far below are also the UK and Canada, although the educational information can be used by anyone!

I'll be adding to this list as I find more. If you know of others in other countries please let me know and I can try to compile those as well!

- **National Domestic Violence Hotline—**

This website can give you useful terminology and information, as well as someone to talk to. They can help send you local resources as well, if you ask in the chat:

<https://www.thehotline.org/>

800-799-7233

- **Domestic Shelters—**

This is a website where you can type in your location, and they will tell you which DV organizations are near you:

<https://www.domesticshelters.org/help>

- **Women's Law—**

This website is good for learning about your local laws and rights to protect women and others against abuse:

<https://www.womenslaw.org/>

Additional resources:

- This is the **Power and Control Wheel—**

This is NOT an extensive list! There are many forms of abuse, both overt/obvious and covert/subtle. If you don't see your experience here, that doesn't mean it's not valid, or that it's okay.

It can give you a baseline idea of some of the types of abuse and manipulation that are commonly seen in unhealthy/unsafe relationships (you can find this on

<https://www.thehotline.org/> as well!):



DARVO—

This is another common abuse tactic/pattern. It stands for Deny, Attack, Reverse Victim and Offender.

(Via Clare Walker Consultancy)

<https://clarewalkerconsultancy.com/consulting/resources/>

DARVO
How people try to escape accountability

Deny the behaviour
Attack the individual doing the confronting
Reverse the roles of **Victim** and **Offender**

The perpetrator assumes the victim role and turns the true victim (or the whistle blower) into and alleged offender/attacker by trying to *undermine their credibility* through *false accusations*.

Countries outside of the USA

Canada:

- **Domestic Shelters—**

Resource directory, educational info, helplines, centers, and more:

<https://www.domesticshelters.org/en-ca/domestic-abuse-help-in-canada>

UK:

- **Women's Aid—**

Education, support, resources, and more:

<https://www.womensaid.org.uk/>

- **Victim Support in the UK—**

The website says they may be able to help with:

Information and advice, Immediate emotional and practical help, Longer term emotional and practical help, Advocacy, Peer support and group work, Restorative justice, Personal safety services, Help in navigating the criminal justice system, and possibly more:

<https://www.victimsupport.org.uk/>

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