

## 14 Helplines - 24/7, Free & Confidential

Help for	Contact#	Active weblinks
Only for Emergencies	911	<a href="https://www.911.gov/frequently_asked_questions.html">https://www.911.gov/frequently_asked_questions.html</a>
<p>'Domestic abuse', also called 'Domestic violence' (DV) is: <i>"A pattern of behaviors used by the husband/wife to maintain power and control over the wife/husband."</i></p> <p>The abusive behavior can be - Ridiculing, Humiliating, Putting down, Isolating, Manipulating, Ordering, Intimidating, Threatening, Beating, Sexual coercion and Controlling money.</p> <p>No one deserves to be treated disrespectfully or abusively for any reason.</p>	<p>The staff at these Hotlines are trained to offer safe and proven information, guidance and support, to help stop and prevent domestic abuse/violence.</p> <p><i>You or anyone of your family and friends can call one or more of these Hotlines any number of times. You will regain clarity of mind and self confidence to help yourself and your children lead better lives.</i></p>	
	The National Domestic Violence 1-800-799-7233	<a href="https://www.thehotline.org/help/what-to-expect-when-you-contact-the-hotline/">https://www.thehotline.org/help/what-to-expect-when-you-contact-the-hotline/</a>
	NYS Office For Prevention Of Domestic Violence 800-942-6906	<a href="https://opdv.ny.gov/domestic-violence/faq.html">https://opdv.ny.gov/domestic-violence/faq.html</a>
	Equinox (Albany county) 518.432.7865	<a href="http://www.equinoxinc.org/page/what-we-do-2.html">http://www.equinoxinc.org/page/what-we-do-2.html</a>
	Unity House (Rensselaer county) (518) 272-2370	<a href="https://www.unityhouse.ny.org/services/domestic-violence-services/">https://www.unityhouse.ny.org/services/domestic-violence-services/</a>
	YWCA (Schenectady county) 518-374-3386	<a href="http://www.ywca-ny.org/dv/">http://www.ywca-ny.org/dv/</a>
	Wellspring (Saratoga county) 518-584-8188	<a href="https://www.wellspringcares.org/get-help/domesticviolence/">https://www.wellspringcares.org/get-help/domesticviolence/</a>
Prevent and report 'Child Abuse'	NYS Office of Children and Family Services (800) 342-3720 (518) 474-8740	<a href="https://ocfs.ny.gov/main/faqs/">https://ocfs.ny.gov/main/faqs/</a>  Concerned citizen's guide: Link below <a href="https://ocfs.ny.gov/ohrd/ccg/ccg.asp">https://ocfs.ny.gov/ohrd/ccg/ccg.asp</a>
For 'Young People': To engage, educate and empower them to prevent and end abusive relationships.	loveisrespect.org Text: LOVEIS to 22522 Call 1-866-331-9474 or Chat online	<a href="https://www.loveisrespect.org/dating-basics/dating-faq/">https://www.loveisrespect.org/dating-basics/dating-faq/</a>
Alcoholism, Drug abuse and Problem gambling	combataddiction.ny.gov Call 1-877-846-7369 Text 467369	<a href="https://www.combataddiction.ny.gov/">https://www.combataddiction.ny.gov/</a>
Suicide Prevention	National Suicide Prevention Lifeline 1-800-273-8255	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Sexual Assault	Rape, Abuse & Incest National Network 1-800-656-4673  Albany County Sexual Assault Hotline: 518-447-7716	<a href="https://www.rainn.org/">https://www.rainn.org/</a>  <a href="http://www.albanycounty.com/Government/Departments/CrimeVictimandSexualViolenceCenter/WhatWeDo/DomesticViolence.aspx">http://www.albanycounty.com/Government/Departments/CrimeVictimandSexualViolenceCenter/WhatWeDo/DomesticViolence.aspx</a>
Human Trafficking	National HUMAN Trafficking Hotline 1-888-373-7888 or Text 233733  Albany County Crime Victim and Sexual Violence Center 518- 447-7716	<a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a>  <a href="http://www.albanycounty.com/cvsvc">www.albanycounty.com/cvsvc</a>
Crisis for Food, Health, Housing, Human trafficking, Employment and Transportation	Offered by United Way; Call 211 888-366-3211 or 518-694-8900	<a href="http://www.211.org/pages/about">http://www.211.org/pages/about</a>