

⌚ Due to high demand, you may experience longer wait times to connect with a live advocate.
[Find local providers or chat with Ruth.](#)

Free. Confidential. 24/7. We're Here to Help

[I Need a Safety Plan](#)



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Got it



Call

1.800.799.SAFE (7233)



Chat

Chat live now



Text

Text "START" to 88788

Visit our page for [Privacy Policy](#).
Msg&DataRatesMayApply. Text
STOP to opt out.



A.I. Chat

Our domestic violence informed compassionate A.I. chat, Ruth, can help when you're unable to reach a live advocate. To speak to a live person, call, chat, or text a live advocate.

What to expect when you contact us →

Survivor Stories

☆☆ When you're ready, we're here to listen.

“
I felt seen and safe. The advocate helped me understand my options and reminded me I wasn't alone.

— Anonymous Chatter

“
I didn't know where to start. They listened without judgment and helped me make a plan that fit my situation.

— Anonymous Caller

“
Ruth gave me hope and a will to live. To whomever created this, you save lives. Thank you.

— Anonymous AI Caller

Overall, did you find what you were looking for today? 🍏 🗨

Contact

National Domestic Violence Hotline
PO Box 90249
Austin, TX 78709
Administrative Line: [737.225.3150](tel:737.225.3150)

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