OCTOBER IS
National Domestic Violence Awareness Month

Relationships should be safe.
ABUSE IS NEVER OK.

Individual and family stress can escalate conflict and sometimes leads to domestic abuse. **Get help early to prevent a crisis.**

Victim safety is essential. Information and support are available 24/7.

To learn about reporting options or reach a Family Advocacy victim advocate, contact your local Family Advocacy Program at
or Military OneSource, 800-342-9647.

If you or someone you know is being abused, call law enforcement immediately at , or your installation Family Advocacy Program at .

For additional support, contact the National Domestic Violence Hotline at 800-799-7233.

The Family Advocacy Program helps individuals, couples and families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life.