



**October is**

# **Domestic Violence Awareness Month**

**No one deserves to be abused, and anyone can be a victim.**

***Speak up:  
Be part of  
the solution***

**Even simple actions can make a difference.**

-  **Know the warning signs.**
-  **Learn safe and appropriate ways to raise the issue with friends and co-workers.**
-  **Take a stand to stop domestic violence.**

**For assistance, contact:**

- Your installation's Family Advocacy Program
- Domestic Abuse Victim Advocate
- National Domestic Violence Hotline at 800-799-7233

For more information, call Military OneSource at 800-342-9647.



**Keep everyone in our community safe.**

