

Military OneSource Video — How Can an Advocate Help If I'm Experiencing Domestic Abuse?

Video transcript:

Narrator: How can an advocate help if I'm experiencing domestic abuse?

If you're experiencing domestic abuse, remember, you are not alone. Abuse can affect anyone, and you've got help at hand from the Family Advocacy Program.

Our advocates are your support during times of need, and a trusted line of information. No matter what you're going through, you can talk to an advocate about your situation, get answers to your questions, learn about your options and decide what steps you want to take now or down the line.

When you call, your advocate will want to make sure you're in a safe place to talk. Then you can decide what you're comfortable sharing.

Your advocate will listen and connect you to resources for the kind of help that fits your needs.

They can help you with everything from safety planning and reporting options to counseling, financial and legal services, housing and shelter, protection orders, emotional support and more.

Everybody deserves a safe and healthy life free from abuse, and help is available, judgment-free and personalized for you, your circumstances and where you live.

Advocates are located on or near installations around the world, and they're available to help you line up the next steps to safety and support for you and your family.

To connect with help and find an advocate near you, start online at militaryonesource.mil/DAVA.