

Military OneSource Video — I'm Experiencing Domestic Abuse. What Do I Do?

Video transcript:

Narrator: How can the Family Advocacy Program help people experiencing abuse?

If you or someone you know is in an unhealthy relationship or is experiencing abuse, you are not alone. You have many lines of support.

Let's talk through your options. First, if you're in immediate danger, always call 911 or military law enforcement. Your safety is priority one.

If you are looking for services, counseling, resources or other help, the Family Advocacy Program is your ready line of support, 24/7.

We can provide trusted support and caring help to talk through your situation, assess your risk, plan for your safety, discuss your reporting options, access services and resources, connect with a counselor, and more.

Through the Family Advocacy Program, you can talk with an advocate, a personalized line of support with a special understanding of military life.

Your advocate will listen to you, answer your questions and walk you through available services, reporting options and ongoing support. You can also discuss when things can and cannot be confidential.

There are other lines of support you can tap into outside of the Family Advocacy Program.

You can talk to a chaplain. Discussing your situation with a chaplain can provide insight, support, and comfort, and is completely confidential.

Besides the military, you can contact the National Domestic Violence Hotline at TheHotline.org or by calling 800-799-SAFE.

Agencies in the community can also help. Remember, domestic abuse can affect anyone, and everyone deserves to feel safe at home.

The choice is always yours to decide if, when, and how you want to get support and move forward.

At the Family Advocacy Program, your safety is our bottom line. Contact us anytime.

Your lineup of support is standing by 24/7. Learn more about support and find a local domestic abuse victim advocate at MilitaryOneSource.mil/DAVA.