Resources on Domestic Violence

**United States:**

**National Domestic Violence Hotline**
- 24 Hour Hotline: 1-800-799-SAFE (7233)
- TYY Hotline: 1-800-7873224

**RAINN (Rape, Abuse & Incest National Network)**
- 24 Hour Hotline: (800)656-HOPE (4673)
- [Live chat](#)

**Manavi**
- Serves South Asian women in the United States during times of crisis.
- 24 Hour Hotline: 1-732-435-1414

**South Asian Domestic Violence Agencies by state**

**Washington DC, Maryland, Virginia:**

**Domestic Violence Resource Project**
- Serves Asian/Pacific Islander communities in Washington DC, Maryland, and Virginia.
- Confidential Helpline (Monday – Thursday 9:00am-6:30pm and Friday 9:00am-6:00pm): (202)833-2233

**International:**

**International Directory of Domestic Violence Agencies**

Domestic Violence Agencies in [Asia](#)

India
- [Jagori](#) – helplines and resources
- [We Can](#) – helplines and resources by state

**Self-Care Resources:**

**Self and Collective Care: Resist by Flourishing**

**Self-Care and Self-Defense Manual for Feminist Activists**, CREA

**Self-care and prevention of burnout among activists – tools for everyday life**, Frontline Aids

Headington Institute
- [Stress and Burnout](#)
  - Stress evaluations
Managing Emotions During a Pandemic
• Resilience: Health and Wellbeing

Additional Resources:

How to support survivors of gender-based violence when a GBV actor is not available in your area: a step-by-step pocket guide for humanitarian practitioners, GBV Guidelines