



The Asia Foundation

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