



## Hotlines: A Resource When Seeking Support

*This resource discusses patterns of emotional manipulation that can be painful to revisit. Please take time and pause if needed. Engagement with this information is entirely within your control. Safety and well-being are what matter most.*

Looking for support is not easy. The first step is rarely a phone call, a search or a conversation. It begins quietly with recognition. As realization shifts from something feels off to this is off, confusion slowly opens the door of awareness. The courage to consider reaching out for help is movement; emotional movement, not yet physical action. One tiny internal step has been taken. The next question is who's out there?

After finding the courage and taking the step to open a browser, knowing what words to use can make the search a little less overwhelming. Please know that search results will vary by geographic location. Hotlines provide information, guidance, support and a listening ear during times of uncertainty, crisis or when simply trying to determine what comes next.

Examples of search terms and phrases, (using "near me" provides a strong anchor to the search):

- Emotional Abuse Hotline
- Psychological Abuse Hotline
- Relationship Abuse Support
- Emotional Support Resources
- Support Hotline Near Me
- Crisis Hotline Near Me
- Local Abuse Resources
- Local Victim Advocacy Services

A few places to start:

- Emotional Abuse Crisis Text Line: Text CONNECT to 741741
- Emotional and Verbal Abuse Hotline: +1 (800) 799-7233 (SAFE)

There is no perfect search phrase. Different words and combinations of words will lead to different results. When one search doesn't provide the information needed, feel right or resonate, try again until something hits home. Resources will present themselves.