



Victim Services and Shelters, A Resource Providing Options

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.

Victim Services and shelters exist to provide support, information, advocacy and assistance to those who are currently or have experienced emotional and psychological abuse in the past. Services will vary by organization, location and individual circumstances. How much support is needed and provided will also vary by individual situation.

Emotional and psychological abuse are widely recognized forms of abuse. We know that taking the step to reach out can feel intimidating. For many, the first conversation may be awkward. It doesn't have to be. It can simply be about asking questions and learning what options may exist. Who and what is available?

Below are the top resources we have found when researching available information.

- Domestic Shelters
<https://www.domesticshelters.org>
- Women's Law - Advocates and Shelters
<https://www.womenslaw.org/find-help/advocates-and-shelters>
- Hope Villages of America
<https://hopevillagesofamerica.org/help/>

Whether seeking information for yourself or a loved one, support and resources are available. You are not alone. Asking questions, exploring options and simply learning more can be the first step toward understanding what comes next. There are many that are willing to lend a hand and make a difference.