



RESOURCES FOR YOU AS A YOUNG ADULT

Break the Cycle & the Silence

If you want to call and talk to someone

- **Domestic Violence Services Hotline:** 717-299-1649
- **Love is respect Hotline** (13-26yo): 1-866-331-9474
- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233)

If you prefer to text someone

- **Domestic Violence Services Textline:** Text 'SAFE' to 65222
- **Love is respect Textline** (13-26yo): Text 'LOVEIS' to 22522

If you want to download n app for safety

- **myPlan App:** offers quizzes and information on safety planning
- **R U Safe? App:** offers a quiz to assess danger level then connects you to local resources

If you want more information about dating violence

- **Loveisrespect.org:** offers information, resources, quizzes, and ways to get involved for young people like you
- **Breakthecycle.org:** offers information and ways to get involved for young people like you
- **Thatsnotcool.com:** offers ways to get involved and apps for more information for young people like you
- **Athinline.org:** offers information specifically on digital abuse and ways to get involved for young people like you
- **Futureswithoutviolence.org** offers information, resources, quizzes, and ways to get involved for anyone

Stay Connected!



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