Domestic Violence Resources

Hotlines:

National Domestic Violence Hotline
1-800-799-7233 (SAFE)
www.ndvh.org

National Dating Abuse Helpline
1-866-331-9474
www.loveisrespect.org

National Child Abuse Hotline/Childhelp
1-800-422-4453 (1-800-4-A-CHILD)
www.childhelp.org

National Sexual Assault Hotline
1-800-656-4673 (HOPE)
www.rainn.org

National Center for Victims of Crime
1-202-467-8700
www.victimsofcrime.org

National Resource Center on Domestic Violence
1-800-537-2238
www.vawnet.org

Futures Without Violence: The National Health Resource Center on Domestic Violence
1-888-792-2873
www.futureswithoutviolence.org

National Center on Domestic Violence, Trauma and Mental Health
1-312-726-7020 ext 2011
www.nationalcenterdvtraumamh.org

Printable handout of Resources in San Diego:

https://www.sdcda.org/helping/dvresourcequideenglish.pdf

Shelters:

Becky's House Emergency Shelter, YWCA of San Diego County

24 Hour Helpline: (619) 234-3164

Carol's House, Community Resource Center

Phone: (760) 633-1111

24 Hour Helpline: (877) 633-1112

Project Safehouse, Center for Community Solutions

24 Hour Helpline: (888) 385-4657

Women's Resource Center

24 Hour Helpline: (760) 757-3500

Casa Seguras, South Bay Community Services

Phone: (619) 420-3620

24 Hour Helpline: (800) 640-2933

*majority of shelters provide wraparound services such as safety planning, case management, mental health counseling, and legal assistance

Legal Resources:

For information on obtaining legal help

https://www.womenslaw.org

SDPD Domestic Violence Unit

619-533-3500