

Support for Survivors of IPV



Intimate Partner Violence (IPV) includes physical, emotional, sexual and psychological abuse by a current or former partner.

Are you experiencing abuse?

Help is available. You deserve to feel safe and supported.

Signs of Abuse

Physical harm
or threats

Emotional manipulation
or control

Isolation from
friends and family

Financial control
or exploitation

Sexual coercion or
assault

Immediate Steps to Take

Reach Out for Help

Contact a trusted friend, family member, or support organization.

Create a Safety Plan

Plan safe places to go and how to get there quickly.

Document Evidence

Keep records of any incidents, including photos and messages.

Seek Medical Attention

Visit a healthcare provider for any injuries or health concerns.

Local Resources

Houston Grief Support Center

713-555-1234

Mental Health America of Greater Houston

713-555-5678

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

For Immediate Help

Call **911**

Provided by:



The Center for
**Safe and
Secure
Schools**



Harris County
Department of
Education

**You Are Not Alone.
You Are Resilient.
Help is Available.**