

Seek support: The sooner a survivor of domestic/dating violence works with a counselor and/or support group, the better the recovery. There are a number of local, regional, and national resources available for support.

- **Horizon Behavioral Health:** (434) 946-2316 (Note – counselors are on campus M W Th F from 9:00 am to 5:00 pm, but can be reached via phone M – F 8:30 am to 5:00 pm) or <https://www.shelterforhelpinemergency.org/>
 - Horizon Behavioral Health is the premier provider of mental health, substance use and intellectual disability services in Central Virginia. Horizon's mission is to support and promote the health, independence and self-worth of individuals and families in Central Virginia by providing a continuum of community-based prevention, early intervention, aftercare, and psychosocial rehabilitation services for persons affected by mental health, intellectual disabilities, substance abuse and co-occurring disorders. Our vision is to provide behavioral healthcare services that are accessible, consumer-centered, cost effective, and quality outcome-based.
- **Shelter for Help in Emergency:** (434) 293-8509 (24/7 Hotline) or <https://www.shelterforhelpinemergency.org/>
 - The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential, and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources as well as the skills needed to make informed decisions for themselves and their families.
- **YWCA:** (888)-528-1041 (24/7 Hotline) or <http://www.ywca.org/site/pp.asp?c=mkl1L6MPJvE&b=919459>
 - Our mission is to provide support for the domestic violence victims and work toward the reduction and elimination of family violence. The Domestic Violence Prevention Center (DVPC), a United Way Partner Agency, helps women recover from abuse, resolve personal conflicts, improve self-esteem and begin new lives. The primary feature of this program is the VSDVAA certified shelter, located in a private, secure and confidential place.
- **National Domestic Violence Hotline:** 1-800-799-7233 or <http://www.thehotline.org/> or <https://www.acf.hhs.gov/fysb/programs/family-violence-prevention-services/programs/ndvh>
 - We answer the call to support and shift power back to people affected by relationship abuse. We envision a world where all relationships are positive, healthy, and free from violence.