

# I AM ABLE

**I  
AM AWARE.  
BELIEVE.  
LISTEN.  
EMPOWER.**

**I AM AWARE** that domestic violence can happen to people I know.

**I BELIEVE** when someone confides in me.

**I LISTEN** without judging.

**I EMPOWER** by sharing resources.

New York State Domestic and  
Sexual Violence Hotline

800-942-6906  
[opdv.ny.gov](http://opdv.ny.gov)

English & Español, Multi-Language  
National Relay Service for Deaf or  
Hard of Hearing: 711



Office for the  
Prevention of  
Domestic Violence

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**Anyone can call the  
New York State Domestic and  
Sexual Violence Hotline for:**

- Information and support
- Referrals to domestic violence shelters and other programs
- Safety planning for victims, children and pets
- Counseling and intervention

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