



**Women's Advocates**  
Breaking the cycle of domestic violence



- Is your relationship controlling or hurtful?
- Are you afraid of your partner?
- Do you need a safe place and support?

**We're here for you.**

You are not alone. Our 24/7 Crisis Line and Live Chat are answered by trained Crisis Resource Advocates who will believe you and provide support by:

- Making plans for your safety and/or the safety of your children and pets
- Helping you find safe shelter
- Providing emotional support
- Making referrals for legal assistance, orders for protection, harassment restraining orders

## Find Support



**Our 24/7 Crisis Line:**  
**(651) 227-8284**



**Our 24/7 Live Chat:**  
**[www.wadvocates.org/find-help/](http://www.wadvocates.org/find-help/)**



**Minnesota Statewide  
Day One Crisis Line:**  
**1(866) 223-1111**



Discreetly  
add our 24/7  
Crisis Line to  
your contacts.



Live chat with a  
Crisis Resource  
Advocate now.

Learn more about Women's Advocates:  
**[www.wadvocates.org](http://www.wadvocates.org)**