

How Can StrongHearts Help?

Domestic, dating and sexual violence can happen to anyone. If you or someone you know is in an abusive relationship, know that you are not alone.

StrongHearts advocates are trained to take a Native-centered, empowerment-based approach to every call, text and online chat. Our services are completely free, anonymous and confidential. We offer:

- Support and advocacy
- Crisis intervention
- Personalized safety planning
- Information and education about domestic and sexual violence
- Referrals to Native-centered domestic violence and sexual violence service providers
- Guidance about navigating jurisdiction issues and legal advocacy referrals

To explore your options for safety and healing, reach out when you are ready.

Everyone has a story.
Your story matters.

About StrongHearts

Established in 2017 through a collaborative effort of the National Domestic Violence Hotline and the National Indigenous Women's Resource Center—StrongHearts Native Helpline is a free, confidential, anonymous and culturally-appropriate domestic, dating and sexual violence helpline for American Indians and Alaska Natives.

Our knowledgeable advocates provide support and a connection to local resources for people being hurt in their relationships, survivors, concerned family members, friends, co-workers, service providers and anyone concerned about their own abusive behavior.

We understand.



STRONGHEARTS
Native Helpline

When you don't feel safe to talk about domestic violence, **we're here to chat—online.**



STRONGHEARTS
Native Helpline

Safe. Anonymous. Free. Confidential.

Call, text or chat online 24/7:
1-844-7NATIVE (1-844-762-8483)
StrongHeartsHelpline.org

Follow us:
[@strongheartsdv](https://twitter.com/strongheartsdv)



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Domestic, dating and sexual violence are not Native American traditions.

1-844-7NATIVE (1-844-762-8483)
StrongHeartsHelpline.org

What are Domestic and Dating Violence?

Domestic violence—or dating violence (also known as intimate partner violence) occurs in a relationship when one partner uses a pattern of abusive behavior to gain or maintain power and control over an intimate partner. The abuse can physically harm, provoke fear, prevent a person from acting freely, or force them to behave in ways they do not want—abusive partners often use many abusive tactics including, physical, emotional, financial, spiritual, sexual, and digital. It can happen to anyone regardless of marital or relationship status, living situation, age, disability, religion, sex, sexual orientation, gender identity or economic background.

Domestic violence is not your fault. But you have the right to be free from it.

1-844-7NATIVE (1-844-762-8483)
[StrongHeartsHelpline.org](https://www.strongheartshelpline.org)

What is Sexual Violence?

Sexual violence is any sexual activity without the consent of all partners. Sexual violence is often perpetrated by someone a survivor knows, and this includes intimate partner relationships—regardless of gender identities or sexual orientation.

Consent

Consent is the mutual, ongoing and enthusiastic agreement to engage in sexual activity made in a clear state of mind and free from coercion (pressuring someone to do something by using threats or force).

It is never okay to engage in sexual activity without all partners' consent.

Does your partner:

- Keep you from your Native culture and spirituality?
- Call you degrading names?
- Frequently insult or criticize you?
- Act extremely jealous or possessive?
- Humiliate and shame you?
- Isolate you from relatives or friends?
- Not let you have access to finances?
- Physically harm you?
- Force you to have sex?

If you answered yes to any of these questions, you may be in an unhealthy or abusive relationship.

What is StrongHearts Chat Advocacy?

When it's not safe to call, our online chat advocacy sessions might be a better option for those 13 and older. Users receive one-on-one, real-time, confidential information from a trained advocate via a web browser on your desktop or smartphone. Our phone services are available to people of all ages.

Users receive one-on-one, real-time, confidential support and information from an advocate.

Safe Chatting

As always, your safety is most important to us and it is helpful to remember to click out of the website when you're done chatting and clear your online history.

What to Expect

Click on the Chat icon to connect with an advocate, located on each page of our website.

- There is no need to download anything.
- This is not a public chat room. It is a private one-on-one chat.
- It is completely confidential and anonymous.
- Chatline users are first asked to complete a series of optional, non-identifying demographics questions. To opt-out, just leave the answer blank.
- Once complete, click on the Start Chat icon to open a chat session with an advocate.
- To close a chat at any time, click on the X in the top right corner of the chat window, followed by End Chat.

