



AMOS ADVOCATES
COMMUNITY FOUNDATION

Domestic Violence & Safety Resources

Houston-area organizations, safety-planning reminders, and questions to ask.

If you are experiencing domestic or family violence, prioritize safety. You do not need to share unnecessary details of your case with a community organization in order to ask what services are available.

Houston-area resources

Houston Area Women's Center (HAWC)

Free and confidential services for survivors of domestic and sexual violence, including crisis response, safety planning, emergency shelter, counseling, advocacy, and support services.

[Visit resource](#)

Phone: Domestic Violence Hotline: 713-528-2121

Aid to Victims of Domestic Abuse (AVDA)

Provides services for survivors of domestic abuse, including legal advocacy and support aimed at safety and self-determination.

[Visit resource](#)

Safety-planning reminders

- If there is immediate danger, contact emergency services.
- Consider using a safer device or account if someone may monitor your phone, email, browser history, or location.
- Keep essential documents, medications, keys, and emergency contacts accessible if it is safe to do so.
- Do not announce a plan to leave if doing so could increase danger.
- A trained domestic-violence advocate can help you develop a personalized safety plan.

Children and safety

- Teach children how to contact a trusted adult or emergency services when appropriate.
- Avoid asking children to intervene in violence between adults.
- Tell schools or childcare providers about authorized pickup restrictions when necessary and permitted.
- Keep copies of applicable protective or custody orders where they may be needed.

Questions to ask a service provider

- Do you provide emergency shelter?
- Can you help with safety planning?
- Is counseling available for children?
- Do you offer legal advocacy or referrals?
- Can you help with housing, employment, benefits, or transportation?
- Are services confidential?
- Are there eligibility or residency requirements?

Private notes

Safest way to contact me:

Trusted person:

**Important documents/items to
gather:**

Next safe step:

Important: This directory is informational and is not a substitute for individualized safety planning, legal advice, or emergency services. Program details can change; contact each organization directly.