

SAFETY AND SUPPORT FOR Children & Families:



There are options in the area to help you & your children,
YOU ARE NOT ALONE.

I'm interested in support:

If you need help creating a safety plan or connecting to local resources, there are advocates available 24/7.

- **National Domestic Violence Hotline**
Call 1-800-799-7233 or text "LOVEIS" to 22522
- **Louisiana Domestic Violence Hotline**
Call 1-888-411-1333
- **New Orleans Family Justice Center (NOFJC)**
24/7 Crisis Line (504) 866-9554
- **Sexual Trauma Awareness & Response (STAR)**
24/7 Crisis Line (855) 435-7827

Mental Health Services are available by contacting the number on the back of your Medicaid or other insurance card for providers.

- **National Suicide Prevention Lifeline**
24/7 Crisis Line 988
- **Metropolitan Human Services District (MHSD)**
24/7 Crisis Line (504) 826-2675

I'm interested in support for my child:

- **The Children's Bureau**
Crisis intervention, mental health, & clinical services
Call (504) 525-2346
- **New Orleans Family Justice Center**
Counseling and prevention for children at risk of violence
- **Children's Hospital (CHNO)**
Call (504) 547-7712
 - **Audrey Hepburn CARE Center**
Pediatric forensic medical evaluations
Call (504) 896-9237
 - **CHNO Behavioral Health Center**
Mental and behavioral health services for children
Call (504) 896-7200
- **Love Your Neighbor NOLA**
Resources and referrals to support family sustainability
loveyourneighbornola.com

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Children of all ages may be impacted by violence in and out of the home. Each individual experiences trauma differently, so responses may vary.

Some things to pay attention to:

- Behavior regression;
 - bed wetting
 - inconsolable crying
 - eating disturbances
 - sleep disruptions
- Separation Anxiety
- Weight Loss
- Aggression & Impulsive Behavior
- Concentration Difficulties
- Nightmares
- Truancy & Poor Academic Performance

The impacts of trauma can mimic a range of psychiatric disorders; misdiagnosed conditions in children may include ADHD, behavioral disorders, anxiety and depression, eating disorders, and communication difficulties.

Protective Factors lower the risk of harm, you can support your child by providing:

- Basic Needs - food, shelter, safety, healthcare
- Nurturing Parenting - love, acceptance, trust, respect, appropriate boundaries
- Emotional Support
- Education - opportunity, achievement
- Structure & Accountability
- Social Connections
- Resilient parents/caregivers
- Knowledge of parenting & child development

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Cook AC, Spinazzola J, Ford J. Complex Trauma in Children and Adolescents. *Psychiatric Annals*, 2005 May; 35(5): 390 – 398

If you are in an emergency situation, call or text 911



You can sign up to create a Smart911 profile to alert 911 and first responders that you are at risk of abuse when they respond to an emergency.