

Safe Steps: Tools and Resources for Unhealthy Relationships

**Crisis
Resources
Available
24/7/365**

**National Teen Dating
Abuse Hotline**
866.331.9474

**RAINN National Sexual
Assault Hotline**
800.656.4673

**National Domestic
Violence Hotline**
800.799.7233

**Colorado
Crisis Services**
1844.493-8255
Text: 38255

Resources

The Crisis Center

- <https://www.thecrisiscenter.org>
- Phone: (303) 688-8484 (24-hour Hotline)

Colorado Child Abuse and Neglect Hotline

- Phone: 1844-CO-4KIDS (264-5437)

National Domestic Violence Hotline

- Available 24/7 for confidential support
- <https://www.thehotline.org/>
- Phone: 1800-799-SAFE (7233)

Love Is Respect

- <https://www.loveisrespect.org/>
- Phone: 1866-331-9474

You Have the Right

- Support for sexual assault survivors
- <https://youhavetherightco.org/>

A Call for Change

- <https://acallforchangehelpline.org/>
- Phone: 1877-898-3411

Personal Information

Code Word:

Trusted Adults I can Call:

Safe Locations I can Go:

Apps for Safety and Support

MyPlan App

- Purpose: Helps users create a personalized safety plan. Available On: iOS and Android.

bSafe

- Purpose: Personal safety alarm and GPS tracking.
- Sends an SOS alert with the user's location to pre-selected contacts. Available On: iOS and Android.

Circle of 6

- Purpose: Quick access to a trusted group of contacts.
- Sends pre-programmed messages (e.g., "Come get me" with your GPS location). Available On: iOS and Android.

Noonlight

- Purpose: Safety app with real-time emergency response.
- Users hold down a button if they feel unsafe. Releasing the button triggers emergency help if a PIN isn't entered. Available On: iOS and Android.

Aspire News

- Purpose: Disguised as a news app but serves as a domestic violence support tool. Contains resources, a help section, and an emergency call feature. Available On: iOS and Android.

One Love My Plan

- Purpose: Helps teens and young adults evaluate their relationships. Offers personalized safety strategies. Available On: iOS and Android.

