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# I am a victim of Domestic Violence. What can I do?

You are not alone: 1 in 3 relationships involve Domestic Violence. Some general things you should learn about include:

- All the different aspects of domestic violence
- Plan for your safety
- Internet and technology safety
- Where to find help

For more information about the above, contact the [Utah Domestic Violence Coalition](#). They have information about what you can do as well as a list of many [resources](#) available. Utah Legal Services can help with the following legal remedies:

- [Dating Violence Protective Orders](#)
- [Stalking Injunctions](#)
- [Cohabitant Protective Orders](#)
- [Divorce and/or Custody issues](#)
- [Housing issues](#)
- [Plus more](#) . . .

If you are in immediate danger, you should call 9-1-1. There are also hotlines available to help:

- Utah Domestic Violence Hotline: 1-800-897-LINK (5465)
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)

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