

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)

Last updated on February 02, 2026.

[Print](#)

[Table of Contents](#)

Our Partners

Utah Legal Services is a Legal Services Corporation (LSC) grantee. We are required to notify donors that our funds may not be used in any manner inconsistent with the Legal Services Corporation Act or Section 504 of Public Law 104-134.

LSC
AJ4A