

# Domestic Violence & High-Conflict Exit Resource Sheet

## National 24/7 Hotlines

- National Domestic Violence Hotline – 800-799-SAFE / [thehotline.org](http://thehotline.org) / text START to 88788
- [DomesticShelters.org](http://DomesticShelters.org) – search 3,000+ U.S./Canada programs by ZIP code
- Futures Without Violence – evidence-based articles & webinars ([futureswithoutviolence.org](http://futureswithoutviolence.org))

## Colorado Resources

- Violence Free Colorado – statewide advocate map ([violencefreeco.org](http://violencefreeco.org))
- SafeHouse Denver – 303-318-9989 / [safehouse-denver.org](http://safehouse-denver.org)
- Project Safeguard – 720-618-3482 / [psghelps.org](http://psghelps.org) (court-based advocates)
- Rose Arom Center (Denver), TESSA (Colorado Springs 719-633-3819), Bright Future Foundation (Eagle County 970-949-7086)

## High-Conflict & Narcissistic Abuse Tools

- High Conflict Institute – Free BIFF guide ([highconflictinstitute.com](http://highconflictinstitute.com))
- Rising Beyond Power & Control – education & peer groups ([risingbeyondpc.com](http://risingbeyondpc.com))

## Legal Information

- [WomensLaw.org](http://WomensLaw.org) – plain-language CO divorce & protection order steps

Remember: If you feel unsafe, call 911. For confidential planning, contact the National DV Hotline or your local advocate above.

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