

How to Help

- Listen and believe
- Reassure them it's not their fault
- Let them know the dangers
- Provide them resources

What to Do if You Are Being Strangled

- Tell a trusted friend
- Make a safety plan for yourself.*
- Get a full medical exam at the hospital
- Get a protective order against the perpetrator.*
- Call the police
- **GET OUT**

**See our brochures on these topics for more information*



MPD: We are here to help!

WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 698-0555**

1D Substation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**

4th District: **(202) 715-7400**

4D Substation: **(202) 576-8222**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**

6D Substation: **(202) 698-2088**

7th District: **(202) 698-1500**

Special Liaison Branch 24/7: **(202) 506-0714**

Local

DC Victim Hotline: **(844) 443-5732**

DC Dept. of Behavioral Health (DBH)

DBH Access HelpLine: **(888) 793-4357**

Financial Assistance

Crime Victims Compensation Program:

(202) 879-4216

National

National Domestic Violence Hotline DV Intake center:

(800) 799-SAFE or 7233 or TTY 1-800-787-3224

Veterans Crisis Line 800-273-8255

800-273-8255

Training Institute on Strangulation Prevention

<https://www.strangulationtraininginstitute.com/>



Victim Services Branch

300 Indiana Ave, N.W., Room 3121

Washington, D.C. 20001

Office: (202) 724-4339

<https://mpdc.dc.gov/page/victim-services-branch>

Strangulation

A guide to getting educated
and getting help.



Strangulation

Strangulation is one of the most lethal forms of domestic violence & **accurate predictors for the homicide** of victims of domestic violence.

Strangulation is a **purposeful** asphyxiation characterized by a closure of the blood vessels and or air/passages of the neck as a result of external pressure on the neck

Domestic violence offenders strangle their victims to let them know they can kill them - any time they wish.

Victims of **one episode** of strangulation are **750 percent** more likely of becoming a homicide victim at the hands of the same partner.*

**Training Institute on Strangulation Prevention*

THE FACTS ABOUT STRANGULATION*

If you know ANYONE who has been **strangled, choked, choked out, squeezed/grabbed/ held down by the neck, put in a choke hold**, tell them this is beyond serious.

POSSIBLE EFFECTS OF STRANGULATION

Possible effects include:

- Hoarseness or total loss of voice
- Difficult or painful swallowing
- Difficulty or inability to breathe
- Involuntary urination or defecation
- Miscarriage days or hours later
- Blood-red eyes
- Bruises, cuts, scrapes, and finger imprints
- Death

STRANGULATION CAN KILL YOU

- After just **50 seconds** without oxygen to the brain, most people do not recover.
- After **4-5 minutes**, brain death will occur.

Permanent brain damage, seizures and later effects can still kill a person years later.

**THERE IS NO WAITING,
HOPING OR WONDERING.
ACT NOW, BECAUSE
NOW YOU KNOW.**

Victim Services Branch

Family Liaison Specialists Unit

101 M St. SW
Washington DC 20020
(202) 645-6363 office

Major Case Victims Unit & Victim Specialists Unit

300 Indiana Ave. NW
Washington DC 20001
(202) 724-4339

Know Something About a Crime? Don't Keep it a Secret

If you have important information to share with the police, the Anonymous Crime Tip Line and Text Tip Line enables you to give MPD vital information anonymously. Just dial (202) 727-9099 or text to 50411 24 hours a day, seven days a week. Your name will not be used, only the information you provide. Your information could lead to a cash reward. For more details, see www.mpd.c.dc.gov/tipline.



Have information for police?
CALL (202) 727-9099
TEXT TO 50411

