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

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/

MPD: We are here to help!
February 2021
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.

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

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.mpdc.dc.gov/tipline.