



## ***Are You Safe?***

*If you are experiencing emotional, physical, or sexual abuse, Alexandra House can help!*

Alexandra House, Inc. provides supportive services and resources to all survivors of domestic, sexual, and relationship violence, as well as elder abuse.

### **Advocates can:**

- Help make a safety plan
- Provide emotional support and support groups
- Offer you a safe place to stay
- Discuss your legal options
- File an Order for Protection
- Go to court hearings with you
- Explain the criminal and civil court process
- On-site hospital advocacy and support
- Advocate on your behalf
- Assist you in reporting the abuse to law enforcement
- Offer you community resources and options
- Provide you with information on domestic, sexual, and relationship violence

**Alexandra House's services are free and confidential.**

**Alexandra**   
**House**  
Working to end domestic  
and sexual violence.

**24-Hour Helpline:** 763-780-2330  
**Email:** [advocate1A@alexandrahouse.org](mailto:advocate1A@alexandrahouse.org)  
**Website:** [alexandrahouse.org](http://alexandrahouse.org)