

Resources

If you have been strangled, experienced a head injury, think you are experiencing any of these symptoms or are not sure, you can get help.



NYC's 24-Hour Hope Hotline
1-800-621-HOPE (4673)
TTY: 866-604-5350



Visit the NYC HOPE Resource Directory at www.nyc.gov/NYCHOPE for information and resources for domestic and gender-based violence



Visit the NYC Family Justice Center (FJC) in the borough where you live (or one where you feel safest) to get connected. All Centers are open for in-person or remote services, Monday to Friday, 9 a.m. to 5 p.m. No appointment is necessary. FJCs welcome people of all ages, sexual orientations, and gender identities, regardless of immigration status, income, or language spoken

NYC FAMILY JUSTICE CENTERS

BRONX	(718) 508-1220 198 East 161st Street, 2nd Fl.
BROOKLYN	(718) 250-5113 350 Jay Street, 14th Fl.
MANHATTAN	(212) 602-2800 80 Centre Street, 5th Fl.
QUEENS	(718) 575-4545 126-02 82nd Avenue
STATEN ISLAND	(718) 697-4300 126 Stuyvesant Place

Call or text 911 in an emergency.



Call the Suicide and Crisis Lifeline at 988 or Chat online
988lifeline.org/chat



Contact Kings CARES at



1-929-310-1218



KingsCareReferrals@nychhc.org

for specialized gender-based violence & strangulation follow-up medical care, including documenting injuries for safety or legal purposes and connecting people to specialty medical and legal support. Open to all survivors, regardless of where they live, insurance, immigration status, or gender identity Fridays, 9 AM – 12 PM.

Understanding Domestic Violence-Related Traumatic Brain Injuries

Information & Resources



Mayor's Office to
End Domestic and
Gender-Based Violence

What is Domestic Violence-related Traumatic Brain Injury?

A traumatic brain injury (TBI) happens when the brain is damaged due to a blow to the head or neck during a single incident or repeated incidents, or because the brain does not get enough oxygen. A domestic violence-related TBI is a brain injury that happens as a result of violence in an intimate partner or family relationship.

Common causes of DV-related TBIs include -

- Lack of oxygen flow to the brain through strangulation or suffocation
- Physical trauma to the head by a direct blow to the head or penetrating injuries
- Whiplash

High Risk Symptoms and Long-Term Effects of DV-Related TBI

The symptoms can show up immediately, days, weeks, months, or years after the incident.

⚠ High Risk Symptoms:

- Loss of consciousness such as gaps in memory, grogginess, or blacking out
- Dizziness or headaches
- Trouble focusing, confusion, disorientation

- Double vision or vision loss
- Hearing loss or ears ringing
- Loss of control of bladder or bowel so that you wet or soil yourself
- Difficulty breathing
- Seizure, which may present as restlessness, combativeness, aggressiveness, or shaking
- Stroke, which may present as facial weakness (numbness, decreased feeling), arm weakness, difficulty speaking or difficulty walking or impaired coordination

If you have experienced strangulation and want to learn more about additional signs, symptoms, safety concerns, and resources visit NYC HOPE: nyc.gov/content/nychope/pages/understanding-strangulation.

🕒 Long-Term Effects:

- Depression, Anxiety or PTSD
- Memory or thinking problems
- Personality changes
- Higher risk of dementia or Alzheimer's disease

Potential risks of not seeking medical attention or treatment

If you have just been strangled, experienced a head injury or have any of the high-risk symptoms, delaying medical care can lead to permanent disability or even death in extreme cases.

You should immediately go to the nearest emergency department to seek a medical evaluation if you:

- Have just been strangled, experienced a head injury or have any of the high-risk symptoms;
- Develop any of the high-risk symptoms or your symptoms get worse weeks or months after the incident or repeated incidents.

Repeated TBIs can increase the risk of experiencing high-risk symptoms and long-term effects.

If you have experienced multiple incidents or the incident happened some time ago and you are worried you may have some symptoms or complications from it, seek medical evaluation from a primary care provider.

If you do not have a doctor, you can click on the link to be connected to one at NYC Health + Hospitals nychealthandhospitals.org.

