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New Directions

newdirectionsknox.org

740-397-HELP(4357)

Digital Safety

- **Change passwords at least every 6 months**
- **Be aware of location sharing**
- **Do not share live location on social media**
- **Clear browsing and search history**
- **Be informed about shared/family accounts (use strong passwords, deactivate shared accounts safely)**
- **Enable two-factor authentication**
- **Set profiles to private**
- **Keep personal information private**

WE ARE HERE FOR YOU

CALL 740.397.4357

New Directions Services can support you.

Our help goes beyond crisis. We offer a variety of trauma informed services, that are both confidential and free of charge:

- 24-hour hotline
- Safety planning
- Danger assessment
- Crisis shelter for adults and children
- Individual Advocacy for:
 - Domestic Violence
 - Sexual Assault
 - Human Trafficking
 - Youth
- Legal Advocacy
- Campus Advocacy
- Mobile Advocacy
- Housing Advocacy
- Peer-led support groups
- Hospital accompaniment
- Educational sessions
- Court accompaniment
- Civil protection order assistance
- Connections to community resources