

# SILENT SIGNALS FOR HELP

Learn the silent signals that can help someone get safe.



## **PALM OUT, TUCK THUMB, FOLD FINGERS OVER THUMB**

A silent request for help used in video calls or in person.

## **CALLING 911 TO “ORDER A PEPPERONI PIZZA”**

Dispatchers recognize this as a distress signal and use yes-or-no questions to keep callers safe.



## **TEXTING SOMEONE “STAN”**

STAN stands for "Send the Authorities Now." For example: "Can you help Stan, I just keep getting his voicemails and missed calls."

## **ORDERING ANGEL SHOTS**

Many bars post signs in restrooms about ordering an 'angel shot' to discreetly alert the bartender of trouble.



## **SEEKING HELP IS A STEP TOWARD SAFETY AND EMPOWERMENT.**

If you or someone you know needs help, call the National Domestic Violence Hotline at **1-800-799-SAFE**, text '**START**' to **88788**, or visit [thehotline.org](https://www.thehotline.org).