

What is Strangulation?

FREE Help for You

Strangulation (oftentimes called choking) is one of the deadliest forms of abuse.

If someone has tried to strangle you, call 9-1-1 immediately.

Unconsciousness may occur within seconds and death within minutes. The effects of strangulation, including death, might not show up for days.

- Attempted strangulation has serious health risks. You should seek immediate medical attention if you experience:
 - Difficulty breathing, speaking, or swallowing
 - Nausea, vomiting, light headedness, headaches
 - Involuntary urination and/or defecation
- **If you are pregnant, attempted strangulation can have an impact on the baby (fetus). You should be evaluated by your doctor.**
- You may have experienced serious injuries, even if you do not have any visible signs.
- Paying attention to and documenting changes in your signs and symptoms can be critical to determine the nature and scope of your injuries.

It is very frightening to have someone attempt to strangle you. You might not know what to do. [Free](#) help is available. Here are a few of the ways that you can get help at FACES of Hope Victim Center.

- Law enforcement/Victim Witness Coordinators can arrange for you to have a [forensic assessment](#), conducted by a specially trained nurse. The nurse can document your injuries resulting from an incident of domestic violence, and/or attempted strangulation.
- A physician at FACES can evaluate and treat your injuries, and provide follow-up care after a forensic exam.
- A specially trained advocate can help you create a [personal safety plan](#).
- Get help filing a [protection order](#).

Other community resources are also available. You can call the [WCA Help Line, 24/7](#), to talk to someone confidentially about your situation: 208-343-7025.

Call 9-1-1 if you are in danger, or if you need immediate medical attention!

****All services are voluntary; they are provided regardless of ability to pay, and regardless of a victims' participation in any legal process.****



Has someone tried to strangle or choke you?

This brochure contains things you should know.

For additional information, visit or contact us at:

**417 S. 6th St., Boise, ID 83702
208-577-4400**

www.facesofhopevictimcenter.org



Located in downtown Boise on the corner of 6th and Myrtle Street.

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