



Know your rights while in the United States.
Ask for help if you need it.

We are confident that you will have a rewarding stay in the United States through [Uniting for Ukraine](#). However, if bad situations happen, you have rights and you can get help!

It is not uncommon for people to stay in risky or dangerous situations if they do not have other options. Sometimes, people are threatened or hurt if they try to leave, and they do not know where to ask for help.

If you or someone you know is forced, tricked, or blackmailed into working or trading sex in exchange for sponsorship or something else of value (food, shelter, money), help is available.

Get Help if Someone

- Requires you to work to pay off a debt
- Hurts or threatens to hurt you or your family if you do not work
- Tells you to lie about the work you are doing
- Forces you to have sex in exchange for something else of value
- Takes your ID or documents

To learn more, visit
acf.hhs.gov/endtrafficking.

National Human Trafficking Hotline



1-888-373-7888



Text 233733
(BEFREE)

Free | 24/7 | Confidential

*Ukrainian and Russian
translators are available*

If you are in immediate danger, call 911.



ADMINISTRATION FOR
CHILDREN & FAMILIES
Office on Trafficking in Persons



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If you or your loved one experiences a crime, such as [assault](#), [domestic violence](#), [robbery](#), [sexual violence](#), or [stalking](#), the Department of Justice's Office for Victims of Crime has [resources](#) to help you.

Federal Crime Victims' Rights

- The right to attend and be present at criminal justice proceedings;
- The right to be heard in the criminal justice process, including the right to confer with the prosecutor and submit a victim impact statement at sentencing, parole, and other similar proceedings;
- The right to be informed of proceedings and events in the criminal justice process, including the release or escape of the offender, legal rights and remedies, and available benefits and services, and access to records, referrals, and other information;
- The right to protection from intimidation and harassment;
- The right to restitution from the offender;
- The right to privacy;
- The right to apply for crime victim compensation;
- The right to restitution from the offender;
- The right to the expeditious return of personal property seized as evidence whenever possible;
- The right to a speedy trial and other proceedings free from unreasonable delay;
- The right to enforcement of these rights and access to other available remedies.

[18 U.S. Code § 3771](#)

For more information, visit [Victim Law](#) and the [National Crime Victim Law Institute](#).

When **working in the United States**, you have the right to:

- Be paid fairly
- Be free from discrimination
- Be free from sexual harassment and sexual exploitation
- Have a healthy and safe workplace
- Request help from union, immigrant, and labor rights groups
- Leave an abusive employment situation

Learn more. ([Ukrainian](#)) ([Russian](#)) ([English](#))

National Domestic
Violence Hotline

1-800-799-7233

National Sexual
Assault Hotline

1-800-656-4673

National Suicide
Prevention Hotline

1-800-273-8255



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