

IF YOU ARE IN IMMEDIATE DANGER,
PLEASE ASK FOR HELP.

NHTRC

1-888-373-7888

Call 24 hours a day,
7 days a week.
Confidential.

NATIONAL
HUMAN TRAFFICKING
RESOURCE CENTER

Text HELP to
233733 (BeFree)

Open 2pm-10pm CST

CALL 911 if you are in an emergency.





1. Is someone holding your personal documents for you?

I.D., passport, or papers

2. Does someone else control the decisions you make about your life?

Where you go; where you live; who you talk to; when you see your family; whether you take breaks at work; whether you work when you are sick or injured; or how you spend your money

3. Do you owe money to your boss, the person who hired you, or the person who helped you find the job?

Money is taken directly from your pay to cover a debt or for travel; the amount you owe increases; or the amount you owe does not decrease

4. Are you receiving all your pay?

Not paid at all; not paid on time; not paid as promised; or paid in housing, food, or other things

5. Are you afraid something bad will happen to you or someone else if you leave your work?

IF YOU OR ANYONE YOU KNOW ANSWERED YES TO ANY OF THESE QUESTIONS, CONTACT THE NATIONAL HUMAN TRAFFICKING HOTLINE TO GET HELP NOW.

YOU CAN GET HELP WITHOUT FEARING YOU WILL BE ARRESTED OR DEPORTED.