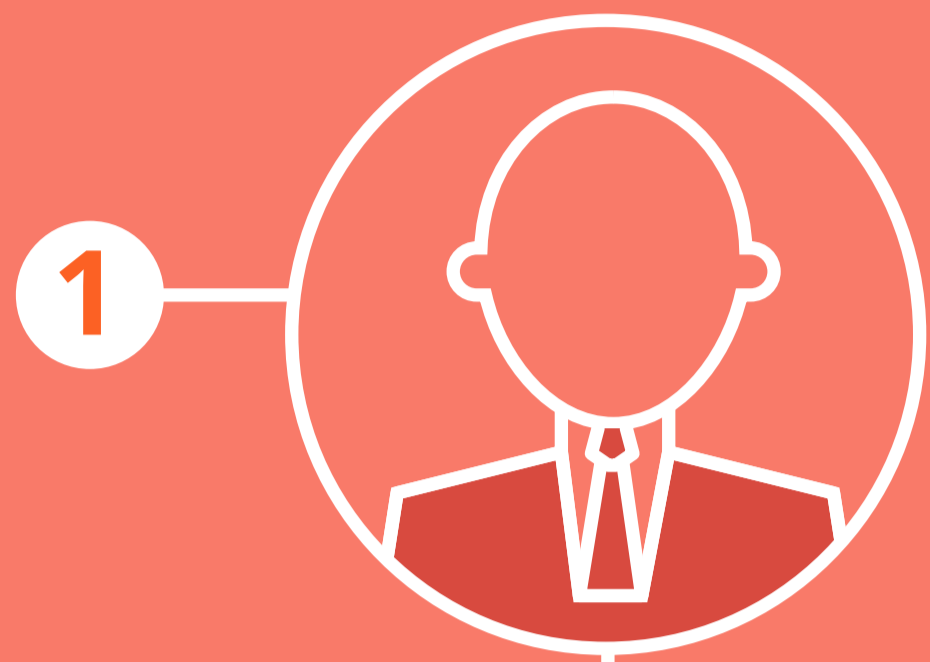
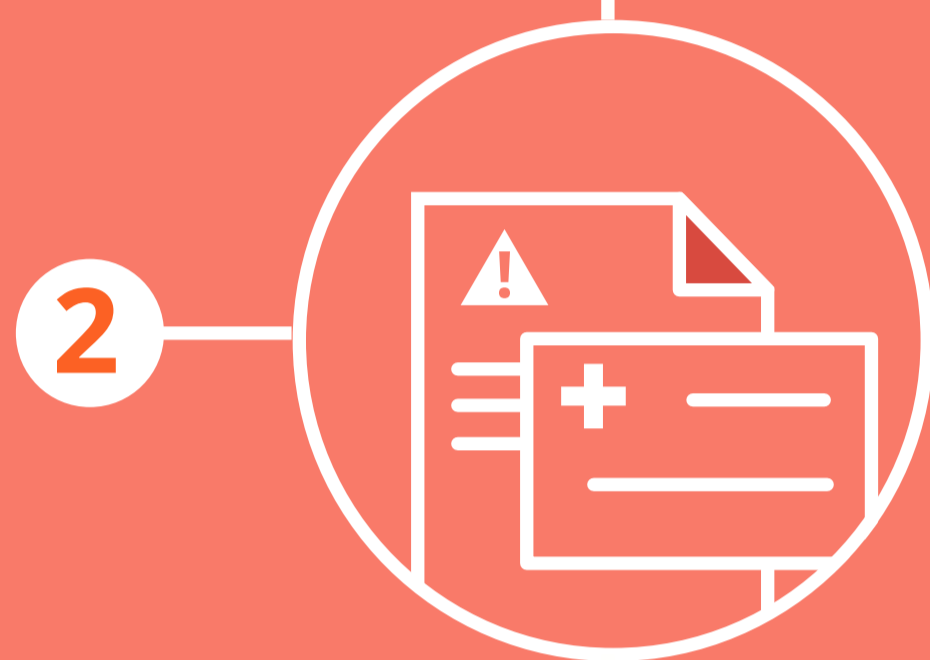


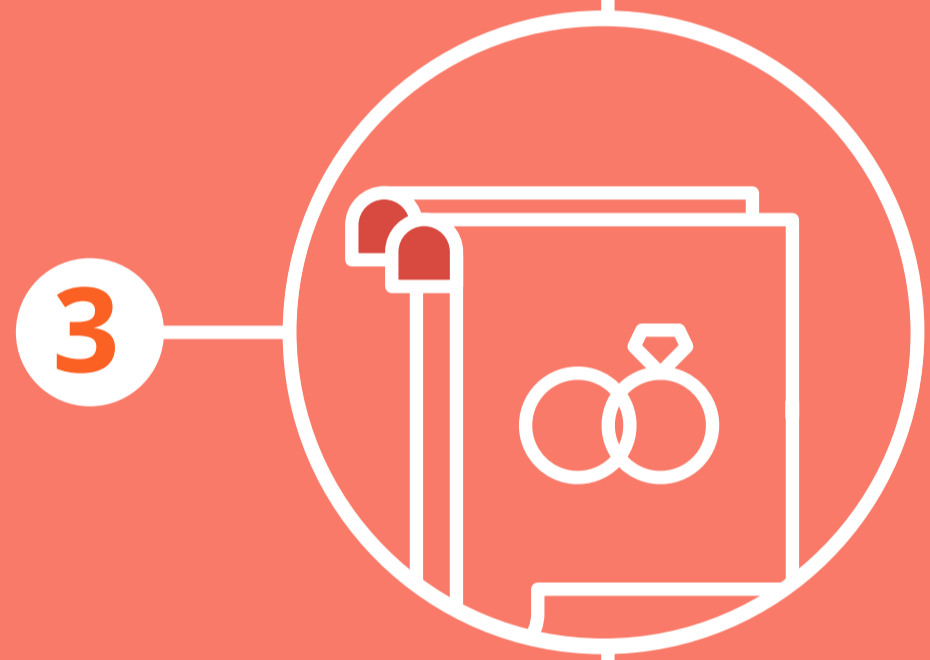
HOW CAN I PREPARE MY REQUEST FORM FOR THE U VISA?



1 If you are afraid to report a crime to the police or if it happened a long time ago, seek legal advice from a lawyer



2 Gather all the documents that can help you prove that you were a victim of a felony (restraining orders, police reports, court records, hospital records, etc.)



3 Gather documents from family members, such as birth and marriage certificates, who could support your request



4 It is very important to contact your consulate for advice and support during the process of applying for the U Visa. The number of the **Information and Assistance Center for Mexicans** from the United States is **18554636395** and from Mexico **0015206237874**. It works 24 hours a day

You can also contact organizations that provide services to migrants in your community for legal advice. Visit the following [LINK](#) to locate legal help near you.