There are four eligibility requirements for a U visa:

- The individual must have suffered substantial physical or mental abuse as a result of having been a victim of a qualifying criminal activity;
- The individual must have information concerning that criminal activity;
- The criminal activity violated U.S. laws; and
- The individual must have been helpful, is being helpful, or is likely to be helpful in the investigation or prosecution of the crime.

Qualifying criminal activities for a U visa include but are not limited to:

- Abduction
- Abusive sexual contact
- Blackmail
- Domestic violence
- Extortion
- False imprisonment
- Female genital mutilation
- Felonious assault
- Hostage
- Incest
- Involuntary servitude
- Kidnapping
- Manslaughter
- Murder
- Obstruction of justice
- Peonage
- Perjury
- Prostitution
- Rape
- Sexual assault
- Sexual exploitation
- Slave trade

- Torture
- Trafficking
- Witness tampering
- Unlawful criminal restraint
- Other related crimes

Additional details about qualifying crimes can be found on the USCIS U visa page.

The victim must have useful information related to the crime and be willing to cooperate with police and officials responsible for investigating the case. The application for a U visa requires a certifying statement (Form I-918 Supplement B) from law enforcement. In some areas, individuals outside of law enforcement (such as a judge or child protective services) can provide the certifying statement.

It is possible for family members (spouse and children) to be covered with the same U visa. Family members who accompany the petitioner can, under certain circumstances obtain a U derivative visa. The U visa principal must petition on behalf of qualifying family members.

If you believe your situation may warrant a U visa, speak to law enforcement officials and an immigration attorney. There are also many non-profit organizations that work with immigrant victims of crime. It is important that you make your wishes known early in the process.