

HELP FOR THOSE EXPERIENCING VIOLENCE IN THE HOME

Does your partner ever:

- call you names, insult or continually criticize you?
- distrust you or act jealous and possessive?
- control your activities and limit time with friends and family?
- threaten to hurt you, your children, your family or pets?
- damage property when angry — like throw or deface items or punch walls?
- push, slap, bite, kick or choke you or use a weapon against you?
- believe in rigid gender roles or that women should be submissive to their partners?
- force or manipulate you into having sex or performing sexual acts?
- control your finances or refuse to give you money?

If you answered “yes” to any of these questions, you may be in an abusive relationship. You are not alone.
Please call a number below to talk with someone.

Domestic violence

National Domestic Violence Hotline
800-799-SAFE (7233) or 800-787-3224 (TTY)
thehotline.org
(24/7, anonymous, confidential, translators available)

Teen dating and abuse

National Teen Dating Abuse Hotline
866-331-9474 or text LOVEIS to 22522 or
866-331-8453 (TTY)
loveisrespect.org
(24/7 phone, text, and internet chat for teens and young adults)

Child abuse national

Child Abuse Hotline
800-4-A-CHILD or 1-800-422-4453
childhelp.org

Elder abuse

National Elder Abuse Hotline
800-677-1116
ncea.acl.gov

Other resources

Men's support group _____

Clergy person, faith-based contact _____

National Human Trafficking Hotline
888-373-7888



If you or someone you know is in immediate danger, call 911.

Local/state numbers:
|
|
|

Local/state numbers:
|
|
|

Local/state numbers:
|
|
|

Local/state numbers:
|
|
|

Local/state numbers:
|
|
|

Local/state numbers:
|
|
|