

Does your partner ever:

- call you names, insult or continually criticize you?
 - distrust you or act jealous and possessive?
- control your actions and time with family and friends?
- threaten to hurt you, your children, your family, or pets?
- damage property when angry, such as throw items or punch walls?
 - push, slap, bite, kick or choke or use a weapon against you?
 - view women as objects and believe in rigid gender roles?
- 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.**

Please call a number below to talk with someone.



Domestic Violence

National Domestic Violence Hotline (www.ndvh.org)
(24 hour, anonymous, confidential, translators available)

1-800-799-SAFE (7233) or
1-800-787-3224 (TTY)

State/Local Domestic Violence Hotline

Women’s Shelter (name: _____)

Rape Center (name: _____)

Teen Dating and Abuse

National Teen Dating Abuse Hotline (www.loveisrespect.org)
(24 hour phone and internet chat for teens and young adults)

1-866-331-9474 or
1-866331-8453 (TTY)

Child Abuse

National Child Abuse Hotline

1-800-4-A-CHILD(422-4453)

State/Local Child Abuse Hotline

Elder Abuse

National Elder Abuse Hotline

1-800-677-1116

State/Local Elder Abuse Hotline

Other Resources

Men’s Support Group

Legal Services/Referral

Alcoholics Anonymous

National Human Trafficking Hotline

1-888-3737-888

Clergy person, faith-based contact

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