

Abuse usually gets worse and can affect your health. Health care providers can help you. Talk to us and let us know if your husband or boyfriend is hurting you. We can:

- Meet with you privately.
- Listen if you want someone to talk to.
- Help you find counseling, a safe place to stay, or other services you may need.
- Keep records (including pictures) of any injuries.

**TOGETHER, WE CAN STOP
RELATIONSHIP VIOLENCE.**

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If you are being hurt by your husband or family member, talk with your health care provider. We can help you.

No one deserves to be threatened or abused.



*To find help near you,
you may also call the
National Domestic
Violence Hotline at:
1-800-799-7233 or
1-800-787-3224 (TTY)*

*Is there abuse
in your family?*



*You are
not alone.*

Is someone hurting you? Talk to us, we can help.

- Does your husband or other family member make you feel ashamed?
- Does your family member tell you what to do and who you can see?
- Has your family member ever threatened to hurt you?
- Has your family member ever pushed or hit you?

If you answered “yes” even once, your husband or other family member is abusive.

Here's how you can protect yourself:

- Talk with someone you trust about what's going on.
- Call 1-800-799-7233 to find help near you or someone to talk to.
- Leave an “emergency kit” with someone you trust. Include money, important papers, keys, medicine, and other things you and your children really need.

- In violent situations, avoid rooms without exits or with potential weapons, such as a kitchen.
- Arrange a signal with a neighbor to let them know when you need help, such as pulling down a certain window shade.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- Call 911 if you are in immediate danger.

Together we can stop family violence.