

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 boyfriend, 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)*

*You deserve
to be safe
and healthy...*



*...in your
relationship.*

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

- Does your husband or boyfriend put you down and make you feel ashamed?
- Does he tell you what to do and who you can see?
- Has he ever threatened to hurt you or your family?
- Has he ever pushed or hit you, or forced you to have sex?

If you answered “yes” even once, your husband or boyfriend 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 with.
- Leave an “emergency kit” with someone you trust. Include money, important papers, keys, medicine, and other things you and your children really need.
- In a violent situation, avoid rooms without exits or with potential weapons, such as kitchens.
- 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.