

Abuse usually gets worse and can affect your health. Health care providers can help you. Talk to us and let us know that your partner 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 partner, 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
healthy and safe...*



...in your relationship.

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

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

If you answered “yes” even once, your partner 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 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 relationship violence.