

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 FAMILY 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)

Violence destroys.



Keep our families sacred.

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 the Hotline of the Inter-Tribal Council of California (1-888-487-7411) to find help near you or someone to talk to.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- 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.
- Leave an “emergency kit” with someone you trust. Include money, important papers, keys, medicine, and other things you and your children really need.
- Call 911 if you are in danger.

Together we can stop family violence.