Is someone hurting you?

- Does your spouse or partner often put you down and make you feel ashamed?
- Do they tell you what you can and can’t do, or whom you can and can’t talk to?
- Are they threatening you or someone you love?
- Have they tried to convince you that you can’t survive or function without them?
- Have they ever pushed or hit you?
- Has anyone forced you to have sex, or performed sexual acts without your consent?

If you answered **yes** to even **one** of these questions, it’s time to seek help.

*There is no excuse for sexual assault, physical violence, or controlling or oppressive behaviors. Even verbal or emotional abuse is unhealthy and unacceptable in any relationship. It is not your fault. You deserve peace, and you have options.*

Caring people are available to help.

If at any time you feel that you are in immediate danger, **call 911**.

Below are national hotlines that can help you 24 hours a day, 7 days a week:

- **National Domestic Violence Hotline** ...... 800-799-SAFE (7233) ...... 800-787-3224 TTY
- **Rape, Abuse & Incest National Network (RAINN) Hotline** ...... 800-656-HOPE (4673)
- **Childhelp National Child Abuse Hotline** ...... 1-800-422-4453
- **National Suicide Prevention Lifeline** ...... 1-800-273-8255
- **National Sexual Assault Hotline** ...... 1-800-656-4673
- **National Teen Dating Abuse Helpline** ...... 1-866-331-9474
- **RAINN National Sexual Assault **Online Hotline** ...... ohl.rainn.org/online