

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