

10 SIGNS OF DOMESTIC VIOLENCE AND ABUSE

Some signs of domestic violence and abuse are more obvious than others; these are few of the most common...

Does your partner ever...

- 1 Accuse you of cheating and being disloyal?
- 2 Make you feel worthless?
- 3 Hurt you by hitting, choking or kicking you?
- 4 Intimidate and threaten to hurt you or someone you love?
- 5 Threaten to hurt themselves if they don't get what they want?
- 6 Try to control what you do and who you see?
- 7 Isolate you?
- 8 Pressure or force you into unwanted sex?
- 9 Control your access to money?
- 10 Stalk you, including calling you constantly or following you?

If you suspect that you or someone you know is in an abusive relationship, you are not alone. There is help in *your* community.

Call **800.621.HOPE (4673)** or **311** in New York City. Outside of New York City, call **800.799.SAFE (7233)**.

IF YOU SUSPECT that you are experiencing domestic violence or relationship abuse...

- You are not alone.
- You are not to blame.
- You do not deserve to be treated this way.
- You have rights.
- You can get help.

Call 800.621.HOPE (4673) or 311 in New York City. Outside of New York City, call 800.799.SAFE (7233).

IF YOU SUSPECT that someone you know is experiencing domestic violence or relationship abuse...

- Get Information.
- Get Resources
- Go to www.safehorizon.org

Safe Horizon

Safe Horizon is the nation's leading victim assistance organization and serves over 250,000 people each year who have been impacted by violence. Whether we are responding to child abuse, domestic violence, or other violent crimes, we help victims and their families heal and rebuild their lives.



moving victims of violence from crisis to confidence