

Am I In An Abusive Relationship?

Domestic abuse comes in many shapes and forms. The following is a list of behaviors that may indicate abuse.* If you or someone you know is experiencing domestic violence, call the **National Domestic Violence Hotline at 1-800-799-7233**.

If you are in the Helena-West Helena area, our shelter can be reached directly at **870-338-8447**. **If you are in immediate danger, call 911.**

Does your partner ever....

- > Embarrass you with put-downs?
- > Control what you do, who you see or talk to or where you go?
- > Look at you or act in ways that scare you?
- > Push you, slap you, choke you or hit you?
- > Stop you from seeing your friends or family members?
- > Control the money in the relationship? Take your money or Social Security check, make you ask for money or refuse to give you money?
- > Make all of the decisions?
- > Tell you that you're a bad parent or threaten to take away your children?
- > Prevent you from working or attending school?
- > Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- > Destroy your property or threaten to kill your pets?
- > Intimidate you with guns, knives or other weapons?
- > Attempt to force you to drop criminal charges?
- > Threaten to commit suicide, or threaten to kill you?

*signs via the National Domestic Violence Hotline



The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)