

Could you be in an abusive relationship?

- Do you endure put-downs, name calling or public humiliation?
- Do they play mind games or manipulate you?
- Do they keep you away from your friends or family members.
- Do you struggle at work or school as a result of absenteeism or decreased productivity?
- Are you ever afraid of your partner?
- Do they threaten to hurt you or to harm themselves to get what they want?
- Do they threaten to take away your children?

If you cannot honestly answer “No” to these questions, you might be in an abusive relationship.

Physical and/or mental abuse is wrong. We can help you heal the scars and put your life back together.

HOPE MINISTRIES

222 Main Street, Dayton, TN 37321

24 Hour Hotline:

1-555-555-5555

prcresources.com

Domestic Violence Myths:

Family violence is rare – *False: Millions are abused by family members and friends.*

Family violence is an issue in the lower classes – *False: It exists equally in every socioeconomic group, regardless of race or income.*

Alcohol and drug abuse cause violence in the home – *False: Many male abusers also abuse alcohol and drugs, but domestic violence and substance abuse are two different problems that must be treated separately.*

They like being hit or they would leave – *False: Shelters are often full while family and friends frequently are not fully supportive. Often moving out seems financially impossible.*

Adapted from: “Preventing Violence Against Women, Not Just a Women’s Issue,” National Crime Prevention Council, 1995

Out of HOPE?



Is
this
an
abusive

relationship?

Find out
NOW.

800-338-8928

Domestic violence can happen to

Anyone.



Any race,
religion, age or
gender.

Rich or poor.

Married, single
or dating.

Physical violence is not the only symptom of an abusive relationship. The abuser may use a number of tactics in order to maintain power and control over his or her partner:

Emotional and verbal abuse: put-downs, public humiliation, name-calling, mind games and manipulation can cause the deepest scars.

Isolation: Extreme jealousy may cause the abuser to insist that you not see your friends or family members. It can intensify if you lose your job as a result of absenteeism or decreased productivity (both are often a problem for a person experiencing domestic violence).

Threats and Intimidation: threats of violence, suicide, or of taking away the children are common abusive tactics.



You don't have
to face this alone.

We can help you find
a way out.

There are many obstacles
that may seem too big to
overcome, but that doesn't
mean you are forced to stay.

We understand that
you face economic and
social challenges to your
independence.

You may feel you cannot
support yourself and your
children.

Let us help you find your
options.

We Can Help: 1-800-338-8928

All Services are Free and Completely Confidential.