



Have you ever experienced any of these actions by your partner:

- Controlling who you talk to or checking up on you continuously?
- Withholding money as punishment?
- Threatening to harm your children, pets or themselves?
- Destroying your property?
- Using your children to control you or threatening to take your children away from you?
- Isolating you from family and/or friends?
- Blaming you for choices or decisions they make?

Domestic Abuse Resource Center
HelpingServices.org



We are here to HELP!

Call 24/7 for free, confidential help:
800-383-2988
or chat:
HelpingServices.org/chat



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