

# If you are being abused at home . . . you are not alone.

**Partner abuse is a health problem.**

**Partner abuse impacts your children's health.**

**Your healthcare provider can help.**

**Local Services for Victims of Abuse or Violence:**

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**Call 911 if you are in danger or need help.  
National Domestic Violence Hot Line:  
1-800-799-SAFE**

**Millions of women just like you are victims of abuse or violence in their homes.**

**Remember:**

- Nothing you say or do causes your partner to act violently.
- It is impossible for you to prevent these attacks by being the perfect wife or girlfriend.
- No matter what, no one has the right to hurt you.
- That kind of behavior is called domestic violence.
- It is against the law.
- Domestic violence does not go away on its own. In fact, it tends to get worse over time, and it is harmful to children as well.

**What you can do to protect yourself:**

- Use your own instincts about what is safest for you and your children.
- Talk with a relative or friend about what is going on.
- Contact your local domestic violence program to find out how they can help you.
- Tell you health care provider what is going on and make sure a record is kept of your injuries (bruises, scratches, black eyes, etc.).
- Decide and plan for where you will go if you have to leave home.
- Leave money, an extra set of keys, a change of clothes and copies of important papers and anything else you may need for you and your children with someone you can trust.

**We care about your health and well-being.  
We are here for you.**

Ask your doctor or nurse for a domestic violence safety plan or call a domestic violence 24-hour crisis line. The call is free and completely confidential.

Source: Poster created by Mercy Healthcare, Sacramento & WEAVE

