

# Do you or someone you know worry about the following:

## Does my partner ever...

- ◆ Call me names?
- ◆ Put me down, or make me feel bad about myself?
- ◆ Blame me when things go wrong?
- ◆ Get jealous when I go out with friends?
- ◆ Tell me what to wear or what to do?
- ◆ Make me feel like I can't do anything right?
- ◆ Frequently accuse me of cheating on him or her?
- ◆ Push, hit, shove, or threaten me?
- ◆ Control my access to money?
- ◆ Threaten to harm or kill a pet, or someone I care about?
- ◆ Check up on me?
- ◆ Call or text me all the time?

If you answered yes to any of these questions, you may be in an unhealthy or unsafe relationship.

**You are not alone, and support is available.**

## Could my relationship be affecting my health?

*Besides the visible injuries from physical abuse, the ongoing stress of having a controlling or violent partner can affect other areas of your physical or emotional health.*

- ◆ Am I depressed or anxious?
- ◆ Am I over-eating and gaining weight? Under-eating and losing weight?
- ◆ Do I drink, smoke, or use drugs to cope?
- ◆ Do I have frequent headaches, or back or abdominal pain?

People experiencing abuse are two times more likely to be in poor health. There are safe steps you can take to get help.

## Things to know...

- ◆ *It is never your fault!*
- ◆ Violence affects all of us. It touches people of every culture, race, class, religion, age, gender, and sexual orientation. People with disabilities, immigrants, and refugees often face additional risk.
- ◆ Physical, emotional, verbal, sexual, and financial abuse is used by one person to gain power and control over the other partner.
- ◆ Alcohol and/or drugs do not cause someone to be violent. Violence is a choice.
- ◆ Abuse does not go away over time. It usually gets worse over time.
- ◆ Children ARE affected when they live in a home with domestic abuse.

**24 hr. Hotline: 617.471.1234 or 888-314-DOVE (3683)**  
**Community Advocacy & Prevention Services 617.770.4065**  
**[www.dovema.org](http://www.dovema.org)**



## A Place to Begin to End Domestic Violence



## Safety Planning, Support and Counseling, Information... Free and Confidential Help is Available

### DOVE's Mission

*DOVE is committed to partnering with diverse communities, families, and individuals impacted by domestic violence. We promote hope, healing, safety, and social change by providing a broad range of preventive and responsive services.*

## Please take one.

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or  
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