

## What Kind of Help Will You Get?

Helpline responders are available from 10am - 10pm, 365 days a year.

**All calls are anonymous and confidential.**

Helpline Responders are trained to treat all callers with respect, and to support each caller's efforts to become safe and remain safe in their relationships.

Responders are trained to understand harmful behavior within the framework of abusive values and values of equity and respect. They look at behaviors, beliefs and values with callers so that callers gain insight, and develop new goals and new tools to support safety and responsibility.

**Help for family, friends, and professionals too.**

We help family, friends and professionals examine controlling and abusive behavior, and walk you through what you can do to help.

### ADDITIONAL RESOURCES

To find an Intimate Partner Abuse Education Program near you visit:

<https://www.mass.gov/service-details/intimate-partner-abuse-education-program-services>

### SERVICES FOR VICTIMS & SURVIVORS

Safelink: 877-785-2020

Statewide hotline can connect callers with local sexual or domestic violence programs in all of Massachusetts.



**877-898-3411**

**10to10helpline.org**

Funded by the MA Department of Housing and Community Development  
Community Development Block Grant program  
and the MA Department of Public Health.

**REAL TALK.  
REAL HELP.**



**Rather Than Harming  
Your Partner,  
Call Us For Help**

Family, friends and professionals who want to help someone stop harming their partner can also call.

**877-898-3411**

**ANONYMOUS and CONFIDENTIAL**

Serving Adults and Teens

Language translation available.

TTY users call 711

# Is the Helpline for You?

Is your partner afraid of you?

Do you want a new way of looking at how to be safe in your relationship?

Do you want to learn about the beliefs, values and behaviors of people who are always safe in their relationships?

Are you wondering if your relationship is safe or if you have gone too far?

Are you hurting someone you care about or love?

Does your partner feel controlled by you?

Are you a teen worried about someone's relationship or worried you might harm your partner?

Are you a family member or friend worried that someone is hurting their partner?

If you answered **yes** to any of these questions, the Helpline may be able to **help**.

\*If someone's immediate safety is at risk please consider calling 911 or taking other safety measures.



**877-898-3411**

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## Helpline Responders

are available to talk from 10am - 10pm, 365 days a year.

**All calls are anonymous and confidential.**

Helpline Responders are not counselors. They listen, offer new ways of thinking, and help callers develop short and long-term strategies that support safety.

Helpline Responders also provide information and referrals to services in Massachusetts including Intimate Partner Abuse Education Programs as well as other services.

**Call as often as you need!**

**We are here to support your efforts to be safe.**

**10to10helpline.org**

**Instagram: @Helpline1010**

**facebook.com/helpline1010.org**

**Facebook code:**

