



STRONGHEARTS

Native Helpline

Domestic violence and dating violence are not Native American traditions, and neither is ever okay.

Speak with a StrongHearts advocate at no cost by calling **1-844-7NATIVE (1-844-762-8483)** Monday through Friday from 9 a.m. to 5:30 p.m. CST when you are ready to reach out.

www.strongheartshelpline.org



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What is domestic violence?

Domestic violence is defined as a pattern of behavior within a relationship that is used to gain or maintain power and control over an intimate partner.

Does your partner ever...

- Call you names or put you down?
- Keep you from seeing or talking to family or friends?
- Push you, slap you, strangle you or hit you?
- Threaten to hurt or take away your children?
- Prevent you from honoring your beliefs?

If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship.

Find more information at strongheartshelpline.org.