

# Domestic violence is not a Native American tradition.

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



**STRONGHEARTS**  
Native Helpline

Get free, confidential support at  
**1-844-7NATIVE (1-844-762-8483)**  
open 7 a.m. to 10 p.m. CST, 7 days a week.

Callers reaching out after hours may connect with the  
National Domestic Violence Hotline (1-800-799-7233)  
by selecting option 1.

Trust. Speak. Heal. Together. | Visit [strongheartshelpline.org](http://strongheartshelpline.org).



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