



STRONGHEARTS

Native Helpline

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

Need to talk? When you are ready, get free, confidential support by dialing **1-844-7NATIVE (1-844-762-8483)**, open 7 a.m. to 10 p.m. CST, seven days a week.

www.strongheartshelpline.org



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What is domestic violence?

Domestic violence occurs in a relationship when one partner uses a pattern of abusive behavior to gain or maintain *power and control* over an intimate partner.

Does your partner ever...

- Call you names, humiliate or criticize you?
- 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?
- Refuse to give you money for food, gas or medicine?

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

Find more information at www.strongheartshelpline.org.