



# 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](http://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](http://www.strongheartshelpline.org).**