

## About StrongHearts

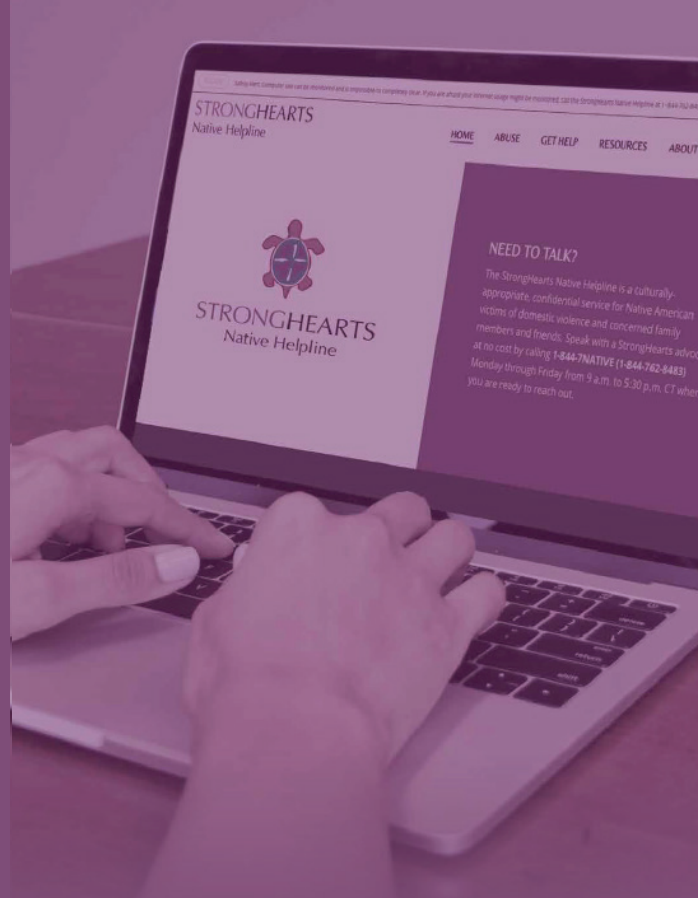
Established in 2017, the **StrongHearts Native Helpline (1-844-7NATIVE)** is a free, culturally-appropriate and confidential helpline for American Indians and Alaska Natives impacted by domestic violence and dating violence.

Knowledgeable advocates, trained with a strong understanding of tribal cultures, sovereignty and law, provide support and a connection to local resources by phone at **1-844-7NATIVE (1-844-762-8483)**, open 7 a.m. to 10 p.m. CST, seven days a week. Callers reaching out after hours may connect with the National Domestic Violence Hotline (1-800-799-7233) by selecting option 1.

We provide service to people being hurt in their relationships, survivors, concerned family members, friends, service providers, and to anyone concerned about their own abusive behavior. All calls are anonymous and confidential.

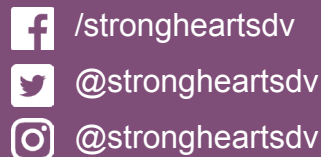
The StrongHearts Native Helpline is a collaborative effort of the National Domestic Violence Hotline and the National Indigenous Women's Resource Center.

[strongheartshelpline.org](http://strongheartshelpline.org)

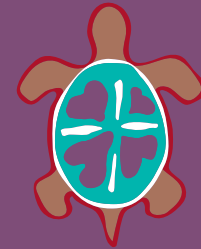


Visit [strongheartshelpline.org](http://strongheartshelpline.org) for more information about domestic violence and dating violence, getting help and staying safe.

Follow us on:



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**STRONGHEARTS**  
Native Helpline

**Domestic violence is  
not a Native American  
tradition.**

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## Domestic Violence, Defined

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.**

It can happen in relationships where couples are married, living together, dating or have a child together.

### Does your partner ever...

- Call you names, humiliate or criticize you?
- Constantly look through your phone calls, texts or messages?
- 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?
- Refuse to give you money for food, gas or medicine?
- Prevent you from going to work or school?
- Force you to have sex against your will?

**If you have experienced any of these behaviors with your partner, you may be in an unhealthy or abusive relationship.**

## How Can StrongHearts Help?

Domestic violence and dating violence can happen to anyone. If you or someone you know is in an abusive relationship, know that you are not alone.

StrongHearts advocates are trained to take a Native-centered, empowerment-based approach to every call. Our services are completely free, anonymous and confidential. We offer:

- *peer-to-peer support*
- *crisis intervention*
- *assistance with safety planning*
- *referrals to local resources*
- *domestic violence education and information*

To explore your options for safety and healing, call us at **1-844-7NATIVE (1-844-762-8483)**, open 7 a.m. to 10 p.m. CST, seven days a week. Callers reaching out after hours may connect with the National Domestic Violence Hotline (1-800-799-7233) by selecting option 1.

**Everyone has a story. Your story matters.  
Let's begin a healing journey together.**



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## Getting Ready To Leave

Leaving is not an easy decision to make and can often be the most dangerous time in an abusive relationship. If you are considering leaving an abusive relationship, use the following list of items as a guide for what you may need to take with you if you decide to leave:

### Identification

- Driver's license and/or tribal identification
- Birth certificate
- Children's birth certificates
- Social security cards
- Passport

### Financial

- Money and/or credit cards (in your name)
- Checking and/or savings account books
- Bank statements

### Legal Papers

- Protective order
- Car registration and insurance
- Health and life insurance papers
- Medical records for you and your children
- School records
- Divorce and custody papers
- Marriage license

### Other

- Medications
- House and car keys
- Valuable or sentimental items (ex. jewelry, pictures, etc.)
- Emergency phone numbers
- Change of clothes for you and your children
- Hygiene products
- Any documented evidence of abuse