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If you said yes to any of the questions on page 1, you deserve support.

Safe and Strong can help you. We have:

Support groups for women



Information about places you can get help



Information about abuse and what you can do.

Call Safe and Strong at (503) 988-3658, press 0, and ask for Lee or Rebecca.

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How to keep safe if someone is hitting or hurting you:

Remember, you don't have to see them if you don't want to.

Stay away from this person if you can.



- You can call the police if they are hurting you.
- You could go someplace safe.



**Is Someone Hurting You?**

**YOU CAN BE SAFE AND STRONG**



A joint project of:  
 Multnomah County Domestic Violence Coordinator, Multnomah County Developmental Disabilities Services Division, Volunteers of America Family Center, and Bradley-Angle House

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## Does Someone Close To You:

Call you names or yell at you?

Tell you what to do?

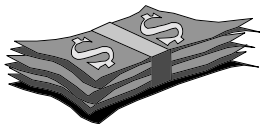
Make you do things you don't want to?

Hit, slap or push you?



Touch you when you don't want to be touched?

Use your money for themselves?



Keep you from seeing friends or family?



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## If you are being hurt, here's how you can get help:

If you are being hurt RIGHT NOW:

Call the police at 9-1-1 and say: "Help, I am being hurt."



When the police come to help you, tell them what happened.



Other places you can call for help any time, day or night:

Bradley-Angle House  
503-281-2442

Volunteers of America  
503-232-6562

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## If you are safe right now:

Tell someone you trust about being hurt. Keep telling until you get help. You might tell:

- A teacher
- A family member



- Your counselor or case manager



- Your doctor

