Are you facing abuse at home and/or in your relationship?

YES

IF YOU ARE IN IMMEDIATE DANGER, CALL 911
REACH OUT TO A TRUSTED ADULT AT SCHOOL (TEACHER, COUNSELOR, ETC.)
CHECK OUT THE VIRTUAL AND COMMUNITY RESOURCES BELOW
CLICK HERE TO ACCESS A LARGER LIST OF RESOURCES

UNSURE

CLICK HERE TO TAKE A QUIZ
CLICK HERE TO CHECK OUT THE WARNING SIGNS
CHAT NOW WITH AN ADVOCATE TO LEARN MORE
LEARN MORE ABOUT UNHEALTHY AND HEALTHY RELATIONSHIPS

NO

CLICK HERE TO LEARN HOW YOU CAN HELP A FRIEND OR SOMEONE YOU KNOW
CLICK HERE TO SEE IF YOU ARE PRACTICING GOOD SELF CARE
HOW WOULD YOU HELP?
CLICK HERE
FAMILIARIZE YOURSELF WITH THE RESOURCES BELOW TO HELP SOMEONE IN THE FUTURE

LOVE SHOULDN'T HURT.
Resources You Can Use
Click on each shape to learn more

- **Love Is Respect**
  Call, text or chat anytime with a highly trained advocate who will offer support, info, and advocacy to you if you have questions or concerns about your dating relationships.

- **Youth Services Network MN**
  Online platform and app to help you find shelter and services. Includes shelter, outreach workers, drop in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.

- **Day One Services**
  Call anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of your relationship.

Are you facing abuse at home and/or in your relationship?

Everyone deserves people that in their life that are healthy, safe, and supportive. If you are experiencing a relationship that is hurting you, it is important for you to know that the abuse is not your fault.

Abuse can occur in any type of relationship, such as with an intimate partner like a boyfriend, girlfriend or partner, a family member such as a parent, aunt/uncle, grandparents, sibling or even a friendship.