

Quickly Get In Touch When You Need It Most

Discreetly add our 24/7
crisis line to your contacts



Live chat with a crisis
resource advocates now



Information & Support

24 Hour Crisis Line
651.227.8284

Statewide Toll-Free
1.866.223.1111

Chat with Us Online
www.wadvocates.org/find-help/



Stay Connected



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@womensadvocates



@womensadvocates



Women's Advocates



Are you or a loved one experiencing relationship violence?

PO Box 4099
Saint Paul, MN 55104

Admin Phone: 651.227.9966
Email: resources@wadvocates.org

A life without abuse
is possible. We are
here to help.

No One Deserves To Be Abused



You are not alone

Domestic violence can be experienced by anyone, regardless of culture, gender, sexual orientation, or economic status. Abusive behavior is oppressive and controlling, you don't have to be hit to be abused.

- We are here for you.
- When you call our 24/7 crisis line, our advocates can offer connections to legal resources, emotional support, or safe shelter. Call our confidential line anytime at 651-227-8284. **You do not need to be in crisis to call.**
- Everyone deserves safety and support, including you.

Signs Of An Abusive Relationship



Does your partner...

- Constantly criticize you?
- Show extreme jealousy of your friends or other people you hang out with?
- Prevent or discourage you from spending time with friends and family?
- Kick, slap, punch you, choke you, or pull your hair?
- Insult or shame you in private, but especially in front of others?
- Keep you from making your own decisions about working or going to school?
- Prevent you from leaving the house?
- Control where and how you spend money?
- Pressure you to have sex or do sexual things you're not comfortable doing?
- Force you to continue an argument for hours, long after you've tired of it?
- Prevent you from sleeping?
- Intimidate you with threatening looks or actions?
- Insult your parenting or threaten to harm your kids or pets?
- Destroy your belongings?
- Use weapons like guns, knives, or mace while doing any of the above?

If you answered yes to any of these questions, please give us a call. We can help you plan for your safety.

Planning For Your Safety



Leaving an abusive relationship is scary. It helps to be prepared.

When deciding to leave, consider packing a getaway bag with:

- Important paperwork: birth certificates, IDs, insurance cards, health records
- Medications
- Spare cell phone for emergency calls
- A set of keys for car and house
- Spare cash or cards
- A change of clothes

Other things to consider:

- Keep your getaway bag with someone you trust so you can leave quickly
- If you have a protective order, keep a copy on you at all times (and at your child's school)
- Make sure your child's school/daycare does not allow the abuser to pick up your child
- Tell only trusted family and friends where you are going
- Turn off location services on your phone and block your abuser on all accounts
- If you work, ask your employer to switch shifts or work remotely for a while, and let them know to call the police if they see your abuser around

