

Quickly get in touch with us when you need it most.

Discreetly add our 24/7 crisis line to your contacts:



Find Support

24/7 Crisis Line
651-227-8284

Statewide Toll-Free
1-866-223-1111

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



Are you or
a loved one
experiencing
relationship
violence?

Live chat with a Crisis Resource Advocate right now:



Stay Connected



@wadvocates



@womensadvocates



@womensadvocates



Women's Advocates



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.

24/7 Crisis Line: 651.227.8284
24/7 Live Chat: www.wadvocates.org/find-help

No one deserves to be abused.

Domestic violence can be experienced by anyone, regardless of culture, gender, 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*.
- Call our crisis line at 651-227-8284. Our trained advocates are available 24/7 to listen and support you. *You do not need to be in crisis to call.*
- *Everyone* deserves safety and support, that includes you.



Signs Of An Abusive Relationship



If you answer yes to any of the questions below, please call us. We can help you plan for safety.

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?

Planning For Your Safety



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

When you are ready to leave, be sure you pack a getaway bag with:

- Important paperwork: birth certificates, IDs, insurance cards, pet licenses/records
- Medications
- Spare cell phone for emergency calls
- A set of keys for car and house
- Spare cash or cards
- A change of clothes
- Extra pet food (if you have a pet)

Other things to have ready:

- 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