

Sometimes, relationships can get **complicated** or hard.

If you answered **yes** to any of these questions,

YOU ARE NOT ALONE.



WE'RE HERE TO HELP.



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DCADV.org



YOUR CARE TEAM:

IS YOUR RELATIONSHIP UNSAFE OR DISRESPECTFUL?



ASK YOURSELF

- ? Does my partner shame or humiliate me? Call me crazy or say that no one will believe me?
- ? Does my partner try to control where I go, who I see or what I do?
- ? Does my partner threaten me, hurt me or make me feel afraid?
- ? Am I so worried it's hard to do everyday things?
- ? Am I smoking more to try and calm myself?
- ? Am I drinking alcohol or using drugs more often to feel better?
- ? Do I ever feel so bad that I have thoughts of suicide?
- ? Has my partner ever stopped me from getting care or help?



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Past and present relationships can affect your health.

Physical health like headaches, upset stomach, body aches, or trouble sleeping.

Mental health like stress, sadness, anxiety, or suicidal thoughts.

It can also lead to using alcohol or drugs to try to feel better.



Caring and **supportive** relationships are important to your physical and mental health. You deserve a partner that:

- ✓ Cares about you and your health.
- ✓ Is kind to you.
- ✓ Listens.
- ✓ Asks if you need help.
- ✓ Values you just as you are.
- ✓ Supports you through difficult times.

No relationship is perfect, sometimes we need help.



Help might look like:

- ♥ Talking to your doctor, nurse, counselor, or other helping professionals.
- ♥ Connecting with confidential text or chat support hotlines.
- ♥ Reaching out to supportive friends and family members.

DOMESTIC VIOLENCE RESOURCES

Local 24-hour Hotlines:

- New Castle County: (302) 762-6110
- Kent & Sussex Counties: (302) 422-8058
- Abriendo Puertas: (302) 745-9874
- chat.childinc.com

Community Health Advocates:

- New Castle County: (302) 757-2317
- Kent & Sussex Counties: (302) 422-8058

MENTAL HEALTH AND SUBSTANCE ABUSE COUNSELING

Free 24/7 crisis counseling:

- Northern Delaware: 1-800-652-2929
- Southern Delaware: 1-800-345-6785

Local mental health and addiction support:

- www.helpisherede.com

SUICIDE & CRISIS LIFELINE

Call or Text 988

- Help is available 24 hours a day, 7 days a week, in English and Spanish.