

# Abuse Hurts.

الإساءة تؤذي

虐待伤害!

L'abus fait mal.

घरेलू हिंसा दर्दनाक है.

体や心に暴力を受けていませんか。

가정 내 학대는 심신을 다치게 합니다.

El abuso lastima.

You deserve to be safe in your relationship.

أمان في علاقاتك. أنت تستحق

在你们的关系中，你应该是安全的。

Vous méritez d'être dans une relation saine.

आप सुरक्षित रिश्ते के अधिकारी है.

夫婦間や恋人同士の関係は安心できるものがあるべきです。

당신은 안전할 자격이 있습니다.

Mereces seguridad en tu relación.

Does your partner put you down and make you feel ashamed?

Does your partner tell you what to do and who you can see?

Has your partner ever threatened to hurt you, your family or your pet?

Has your partner ever pushed or hit you or forced you to have sex?

**If you answered "yes" even once, your partner is abusive.**

**You are not alone. Help is available.**

**If you are in immediate danger, call 911.**

Go to the University of Michigan Abuse Hurts website [www.stopabuse.umich.edu](http://www.stopabuse.umich.edu) for information and resources.

Call to talk with people who care:

**SafeHouse Center**  
**734-995-5444**  
*(Interpreters available.)*

**The U-M Sexual Assault Prevention and Awareness Center**  
**734-936-3333**

**U-M Faculty and Staff Assistance Program**  
**734-936-8660**

**U-M Health System Employee Assistance Program**  
**734-763-5409**

**U-M Department of Public Safety for safety planning and assistance**  
**734-763-1131**

**National Domestic Violence Hotline**  
**800-799-SAFE (7233) or 800-787-3224 (TTY)**  
*(Interpreters available.)*

**National Sexual Assault Hotline**  
**800-656-HOPE (4673)**

## Here is how you can protect yourself:

- Talk with someone you trust about what's going on.
- Decide and plan where you will go if you have to leave home (even if you don't think you will need to). This should be a safe place from which you can call for help.
- If you can do so safely, enter a crisis line number in your cell phone now; otherwise, memorize it and keep a calling card with you at all times for emergency phone calls.
- Practice how to get out of your home in a violent situation. Identify which doors, windows, elevator or stairwell would be best.
- Leave an "emergency kit" with someone you trust. Include money, important papers, keys, medicine and other things you and your children really need.

- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- Call 911 if you are in immediate danger.

**No one deserves to be threatened or abused.**

**Together we can stop relationship violence and abuse.**



## Is your spouse or partner hurting you?

**Call this number for help. 734-995-5444** *(Interpreters available.)*

هل زوجك أو زوجتك أو شريك حياتك يسيء إليك؟  
اتصل بهذا الرقم للحصول على المساعدة (يتوفر المترجمين)

你的配偶或伴侣是否在伤害你？  
拨打这个电话号码寻求帮助。（可以得到口译员的帮助。）

Est-ce que votre époux ou partenaire vous maltraite?  
Appelez ce numero si vous avez besoin d'aide. (Des interprètes sont à votre disposition.)

क्या आपके पति या साथी आपको हानि पहुंचा रहे हैं?  
आप इस नंबर पर फोन करे. (अनुवादक उपलब्ध है.)

配偶者やパートナー、恋人からの身体的な暴力や言葉の暴力に悩んでいませんか？  
電話でご相談ください。(通訳も希望できます)

배우자 또는 파트너에게 학대를 받으십니까?  
이 번호로 도움을 요청하십시오. (통역이 가능합니다)

¿Tu cónyuge o tu pareja te lastima?  
Llama a este número para que te ayuden. (Intérpretes disponibles.)