Abuse Hurts.

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 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

You deserve to be safe in your relationship.

Abuse Hurts.
al abus fait mal.
Abuso daño.

L'abus fait mal.

 Educação é essencial.

You deserve to be safe in your relationship.

Ante sus relaciones, usted merece seguridad.
Is your spouse or partner hurting you? 
Call this number for help. 734-995-5444 (Interpreters available.)

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.

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

¿Su cónyuge o su pareja le maltrata? 
Llame a este número para que le ayuden. (Intérpretes disponibles.)

هَل زوجُك أو شريك حياتك يسيء إلىك؟ 
أتصل بهذا الرقم للحصول علي المساعدة (توفر 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。）

کیا آپ کے پتی یا ساری آپ کو حالت ہوا رہے ہیں؟ 
آپ�س نمبر پر فون کریں. (انجیشادک معاوضہ) 

配偶者 또는 파트너에게 학대를 받으심니까? 
이 번호로 도움을 요청하십시오. (통역이 가능합니다)

¿Su cónyuge o su pareja le maltrata?
Llame a este número para que le ayuden. (Intérpretes disponibles.)