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 deserve to be safe in your relationship.

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 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.

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

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

734-995-5444