

Are you being abused?

Does the person you love:

- "track" all of your time? (page you constantly or call you at work several times a day to "check up on you?")
- constantly accuse you of being unfaithful?
- invade your privacy by reading your mail, listening in on phone calls, going through your purse, drawers, and other personal belongings?
- discourage your relationships with family and friends?
- prevent you from working or attending school?
- criticize you or get very angry about little things?
- control all the finances, make you ask for money, or expect you to account for all you spend?
- humiliate and degrade you (alone or in front of others)?
- destroy personal property or sentimental items?
- push, grab, hit, slap, kick, or bite you or the children?
- force you to have sex against your will?
- threaten to kill you, the pets, the kids, other family members, or him/herself if you leave?
- make you feel afraid most of the time?

If you recognize any of these behaviors in your relationship, call for confidential help:

Local Victim Resources:

Support Network for Battered Women
1 (800) 572-2782 (24-hour crisis line)
English/Spanish

Community Solutions (La Isla Pacifica)
(408) 683-4118 (24-hour crisis line)
English/Spanish

AACI (Asian Woman's Home)
975-2739 (24-hour crisis line)
English, ASL, and many Asian languages

Next Door, Solutions for Domestic Violence
279-2962 (24-hour crisis line)
English/Spanish

MAITRI
1-888-8 MAITRI
Serving women of Bangladesh, Nepal, India, Pakistan, and Sri Lankan descent

The Lazarus Project
(408) 225-2381
Serving the Christian Community

NISA
1-888-275-6472
Serving the Muslim Community

Shalom Bayit
1-(866) 742-5667 (SHALOM-7)
Serving the Jewish Community

Don't suffer in silence. Help is available.