ABUSE IS NOT LOVE
Remember you do not deserve to be harmed or threatened.

TALK TO SOMEONE YOU TRUST
Whether it be a family member, friend, neighbor, coworker or local shelter representative.

KEEP EVIDENCE OF ABUSE
Pictures, texts, emails, journal and police reports.

PACK A BAG
Include important documents, ID, money and other personal belongings ready to go.

PLAN FOR ALL POSSIBILITIES
Make a personal safety plan accounting for kids, pets, disabilities.