

See Abuse... Say Something



Express Concern
"I'm afraid for your safety."

Listen
"I'm here for you, if you ever want to talk."

Support
"You don't deserve to be treated this way."

Respect Choices
"What can I do to help?"

Offer Resources
"Your local domestic violence project will be able to give you ideas, support and you can reach them 24 hours a day."

Call the toll free helpline for yourself
or learn how to help others.

1-866-834-HELP (4357)

www.mcedv.org

NATIONAL HOTLINE : 1-800-799-7233 TTY 1-800-787-3224