

EVERYONE HAS THE RIGHT TO LIVE FREE FROM THE THREAT OF **violence**

**Are you safe at home?
Threats can be physical,
verbal, and/or emotional.**

If you find yourself in a violent relationship and need to seek help, contact any of the following resources:

CAP SERVICES, INC.

Stevens Point: 1608 West River Drive
715.343.7129

Waupaca: 101 Tower Road
715.256.1136

Wautoma: 205 East Main Street
920.787.3889

HOPE HOUSE

Adams: 115 South Main Street
608.339.8196 • www.hopehousesw.org
Crisis line: (800) 584-6790

Sexual Assault Hotline
800.656.HOPE (4673) • www.rainn.org

THE FAMILY CENTER

Wisconsin Rapids: 500 25th Street North
715.421.1511 • www.familyctr.org

PERSONAL DEVELOPMENT CENTER

Marshfield: 214 West 2nd Street
715.384.2971 • www.pdcmarshfield.com

**If Your Relationship Frightens You, SEEK
HELP. No One Deserves to Be Abused!**

Are you in an abusive relationship?

Your inner thoughts and feelings

Do you:

- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can't do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you're the one who is crazy?
- feel emotionally numb or helpless?

Your partner's belittling behavior

Does your partner:

- humiliate or yell at you?
- criticize you and put you down?
- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- see you as property or a sex object, rather than as a person?

Your partner's violent behavior or threats

Does your partner:

- have a bad and unpredictable temper?
- hurt you, or threaten to hurt or kill you?
- threaten to take your children away or harm them?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?

Your partner's controlling behavior

Does your partner:

- act excessively jealous and possessive?
- control where you go or what you do?
- keep you from seeing your friends or family?
- limit your access to money, the phone, or the car?
- constantly check up on you?