

# EVERYONE HAS A RIGHT TO BE AND FEEL SAFE!

**Are you safe at home? You deserve to feel safe physically, emotionally, verbally, sexually.** If you find yourself in an unsafe relationship and need to seek assistance, contact any of the following resources:

## **THE FAMILY CENTER**

Wisconsin Rapids: 500 25th Street North  
24 hr. Crisis Line: 715.421.1511  
Business Phone: 715.421.1559  
[www.familyctr.org](http://www.familyctr.org)

## **HOPE HOUSE**

Serving Adams County: 720 Ash Street, Baraboo  
Emergency transportation available if needed  
24 hr. Crisis Line: 608.356.7500  
Toll Free 24 hr. Crisis Line: 800.584.6790  
Business Phone: 608.356.9123  
[www.hopehousesw.org](http://www.hopehousesw.org)

## **PDC ORENDA CENTER**

**Domestic Abuse & Assault Services**  
Marshfield: 505 East Depot Street  
24 hr. Crisis Line: 715.421.1509  
Toll Free: 844.210.8899  
Business Phone: 715.384.2971  
[www.pdcmarshfield.com](http://www.pdcmarshfield.com)

## **CAP SERVICES FAMILY CRISIS CENTER**

**Domestic Violence and Sexual Assault Victim Advocates available**

Stevens Point: 1616 West River Drive • 715.343.7125  
Waupaca: 101 Tower Road • 715.258.9575  
Wausara: 205 E Main Street • 920.787.3889  
Toll Free 24 hr. Crisis Line: 800.472.3377  
[www.capservices.org/what-we-do/health-wellness-safety/fcc/](http://www.capservices.org/what-we-do/health-wellness-safety/fcc/)

## **MID-STATE TECHNICAL COLLEGE**

*Free personal counseling at each campus.*

**Michelle Stromme, MS, LPC**

715.342.3116 • [michelle.stromme@mstc.edu](mailto:michelle.stromme@mstc.edu)  
<https://calendly.com/michellestromme>

**Brian Sadler**

715.422.5605 • [brian.sadler@mstc.edu](mailto:brian.sadler@mstc.edu)  
<https://calendly.com/brian-sadler>



## **Is your relationship healthy?**

### **Do you feel you are isolated:**

- Are you discouraged from having relationships with family and friends
- Are you prevented from going to work or school
- Do you need permission to do things you enjoy

### **Do you feel humiliated:**

- Are you criticized for things you do
- Are you made fun of in front of others
- Do you feel belittled and/or degraded

### **Do you feel everything is your fault:**

- Are you blamed for problems and issues
- Are there unrealistic expectations
- Are you accused of being unfaithful
- Do you feel like you can't do anything right

### **Do you feel stalked:**

- Is all your time tracked or monitored
- Is your cell phone or e-mail checked without permission

### **Do you feel threatened:**

- Are your personal items or property with sentimental value being destroyed
- Are you being hit, punched, slapped or kicked
- Are there threats or use of a weapon against you
- Are there threats to hurt you, the children or pets
- Are there suicide threats
- Are you forced to have sex

**The above are examples of power and control in unhealthy relationships. It is not your fault and you are not alone!**

**If you are uncertain if your relationship is safe, seek support. You are not alone!**