



If you are thinking of hurting yourself, call
CRISIS RESPONSE NETWORK
602-222-9444
24-HOUR HOTLINE

Does your partner...

- Threaten or physically hurt you
- Put you down
- Want your passwords to keep tabs on you by monitoring your social media; Instagram, Twitter, Facebook, text messages and calls
- Want to take pictures or videos of you in sexual situations
- Threaten to post pictures or spread rumors of you that you don't want
- Force or pressure you to do things you feel uncomfortable doing, including how to dress or sexual acts
- Tell you who you can be friends with
- Keep you from spending time with friends and family
- Threaten to "out" you to family and friends
- Threaten to commit suicide or tell you, "If I can't have you no one will"

If you answered **YES** to any of these questions, you are not alone. You can get help. Learn more from the websites listed on the back panel.

Are you...

- Thinking of hurting yourself
- Unsafe when you're with your partner
- Hiding bruises or other injuries
- Withdrawing from family and friends
- Sending your partner nude pictures
- Skipping school, doing poorly or falling behind
- Experimenting with drugs or alcohol to cope
- Afraid or embarrassed to talk to someone about what is going on
- Doing things you know are not right for you

HOTLINES

IF IN DANGER CALL 9-1-1

TEEN LIFE LINE

1-800-248-8336

TUMBLEWEED CENTER FOR YOUTH DEVELOPMENT

1-866-SAFE-703
(7233)

LGBT NATIONAL HOTLINE

800-246-PRIDE (7743)



City of Phoenix

