



SPEAK WITH SOMEONE

Get free, confidential information
24/7 from a trained advocate

National Domestic Violence Hotline

800-799-SAFE (7233) | TTY 800-787-3224

Dating Abuse Hotline

866-331-9474 | TTY 866-331-8453

Sexual Assault Hotline

800-656-HOPE (4673)



Trust yourself.

It can be tempting to make excuses for your partner's behavior or minimize your own feelings. You may have begun to doubt your own perceptions and beliefs. This can be especially true if there hasn't been any physical violence.

Verbal aggression from your partner can also be harmful and often more difficult to acknowledge. If your partner repeatedly says or does things that seem to be intended to change your behavior or your choices, that's a problem.

If your partner uses guilt, shame, fear, and intimidation to control you, even if your partner has never hit you or threatened to hit you, chances are you are in a relationship with an abusive partner.

If this is the case, there is help available.



TEXT OR LIVE CHAT

Get help without saying a word.
Text or live chat with an advocate.

National Domestic Violence Hotline

www.thehotline.org

Dating Abuse Hotline

www.loveisrespect.org | text "loveis" to 22522

Sexual Assault Hotline

www.rainn.org

HOW IS YOUR RELATIONSHIP?



LOCAL RESOURCES

Get free, confidential information
24/7 from a local advocate

GreenHouse17

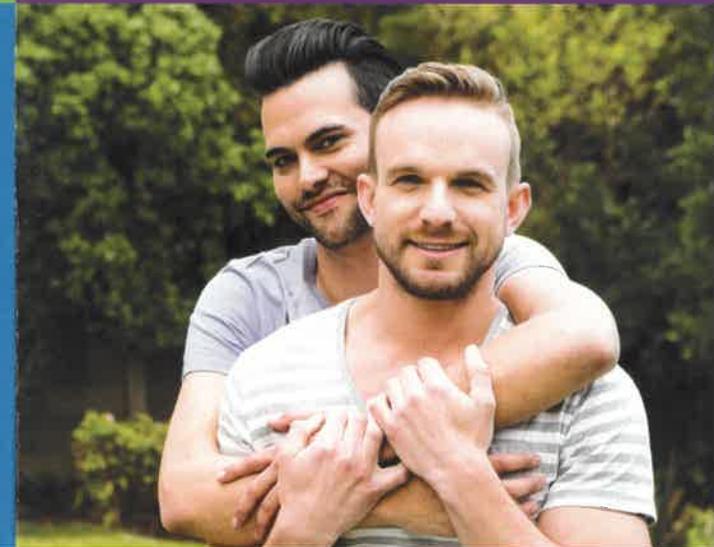
800-544-2022 | www.greenhouse17.org

Bluegrass Rape Crisis Center

800-656-4673 | www.bluegrassrapecrisis.org

Lexington Police Department

911 | Non-Emergency 859-258-3600





ASK YOURSELF

Does my partner...

- make me feel unsafe?
- threaten to out me to family or coworkers?
- threaten to hurt me, my children, or my pets?
- criticize my gender identity or presentation or tell me I'm not a "real" man or woman?
- refuse to use my chosen gender pronouns?
- criticize my sexual orientation?
- control who I talk to or what I wear?
- pressure or force me to have sex?
- blame me whenever things go wrong?
- constantly check to see where I am or who I am with?
- check my phone to monitor my texts or calls?
- often accuse me of cheating?

Stay Safe.

If you recognize signs that your relationship is unhealthy, or your partner is abusive, you may want to speak with an advocate before taking any steps to confront your partner. An advocate can help you create a plan to stay safe.

You deserve to feel safe and supported in your relationship.

Healthy relationships include trust, respect, freedom, negotiation and compromise, support, affirmation, honesty, and safety.



LGBTQ Specific Resources

Pride Community Services Organization

Serves the LGBTQ community in Lexington, KY by providing support groups and more.
859-253-3233 | www.pcsoky.org

The Network Ia Red

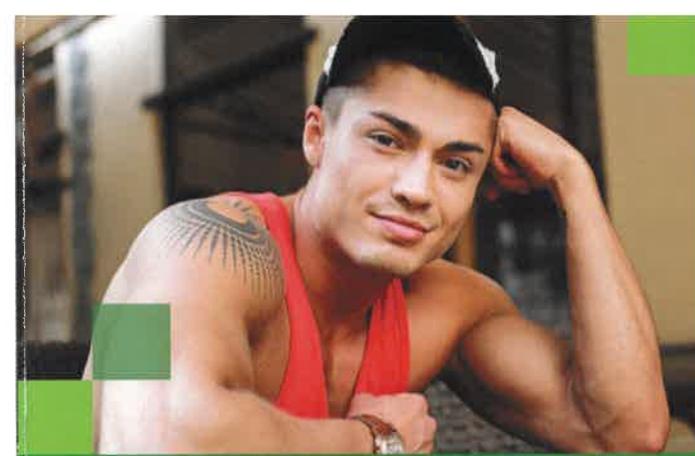
Working to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities.
Hotline: 800-832-1901 | www.tnlr.org

The Northwest Network

Supports the self-determination and safety of bisexual, transgender, lesbian, and gay survivors of abuse through education, organizing, and advocacy.
www.nwnetwork.org

The Anti-Violence Project

Provides services to survivors of all forms of violence and to those who support them.
Hotline: 212-714-1141 | www.avp.org



REACH OUT

You are not alone.

If you have questions about your relationship, it may be helpful to talk with a trusted friend or a trained advocate. Don't wait until you are certain there's a problem.

If your partner dismisses or ridicules your concerns about mistreatment or if your partner is physically intimidating you, with threats of violence or actual violence, including pushing or grabbing, get help immediately.

Anyone can find themselves in a relationship with an abusive partner, regardless of education, income, race, ethnicity, age, ability, sexual orientation, gender, or gender identity. Abuse occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, dating, or separated.