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.

**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)

**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

**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

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

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.