Reach Out for Help

Consider Taking a Break. Breaking it off with someone who you care about but who’s mistreating you can be difficult and confusing. Get support from a trusted adult, your friends, or call a hotline.

Trust Your Instincts. Sometimes someone who is being abusive may threaten to hurt or kill themselves or harm you or someone you care about. If this happens, seek help immediately from a trusted adult, or by calling 911. It is not your responsibility to fix their feelings, keep them safe, or make it better for them.

Take the next step. If you feel miserable or unsafe in your relationship, or if you feel the situation is too big to handle alone, talk to a trusted adult.

Where to get help

If someone is in immediate danger, call 911.

If you or a friend might be in an abusive relationship, talk to a parent/caregiver, school counselor, an adult you trust, or a domestic or sexual violence program.

Hotline Numbers

National Dating Abuse Helpline
1-866-331-9474 or www.loveisrespect.org
to chat online

National Suicide Hotline
1-800-273-TALK (8255)

National Sexual Assault Hotline
1-833-656-HOPE (4673)

www.lovewhatsreal.com


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If something in your relationship doesn’t feel right, it could be that it’s unhealthy or even abusive. As the person who is experiencing this behavior, answer these questions and see if your relationship is unhealthy or even abusive.

**Are there unhealthy behaviors in your relationship?**
- Ignores your opinion
- Has trust issues (constantly checking your emails, texts, or wanting to know where you are)
- Ignores your need to spend time with your friends and family or doesn’t give you “alone” time
- Focuses on the relationship lasting forever
- Relationship drama (crying, the silent treatment, lying, cheating, jealousy)
- Other behaviors you are concerned about and not sure if they are unhealthy? Chances are if it doesn’t feel right to you, it’s not healthy.

If you are checked any of these behaviors, think about whether you should stay in this relationship.

**Are there abusive behaviors in your relationship?**
- Does not respect your decisions
- Keeps you away from friends or family
- Obsesses with knowing what you are doing
- Puts you down, humiliates or demeans you
- Pressures you to use alcohol or drugs or have sex
- Acts mean or gets angry quickly
- Follows you or shows up uninvited all the time
- Threatens suicide or threatens to hurt themselves, you, or someone you care about
- Hitting, slapping, shoving and other ways of physically hurting you
- Refuses to believe the relationship is over
- Treats you badly, promises to change, then never does
- Other behaviors you are fearful, miserable or concerned about and not sure if they are abusive?

Chances are if it doesn’t feel right to you, it’s not healthy.

If you checked any of the abusive behaviors, even one, reach out to an adult you trust, get help — people care.

**If you are being abused, you might:**
- Believe it’s your fault. It’s not!
- Feel angry, sad, lonely, or confused.
- Feel depressed or suicidal.
- Feel threatened, humiliated, or ashamed.
- Worry about what will happen to you or the person abusing you.
- Feel like you can’t talk to your friends or family about the abuse.
- Feel protective or still love the person who is abusing you.

**Help a friend in an abusive relationship by:**
- Listening, don’t judge or blame them.
- Let them know there is help. Offer to go with them to talk to a trusted adult.
- Don’t confront the person who is being abusive — that only makes things unsafe for your friend.
- Reach out to an adult you trust for help.