

Call for Help...

If this is happening to you, you don't deserve this. You did not cause it to happen and there is help for you in the community.

- There are no excuses or reasons to justify abuse.
- Abuse rarely happens just once.
- Only your partner can choose to stop abusing. Without help, the abuse usually gets worse.

When You Call an Advocate...

- All calls are confidential.
- You will have control over the entire experience, and make all decisions.
- You will be given information about what help is available to you in the community.
- Calls are welcome from both men and women.

Advocates are committed to empowering victims to make decisions, assuring they have complete information and providing them with resources.

Available Free Resources...

- safe shelter for women and children
- transportation
- information about community financial resources
- 24-hour crisis/support line
- legal support including orders for protection.

24-hour toll-free hotlines

National Hotline:

1-800-799-SAFE

Minnesota Hotline:

1-866-223-1111

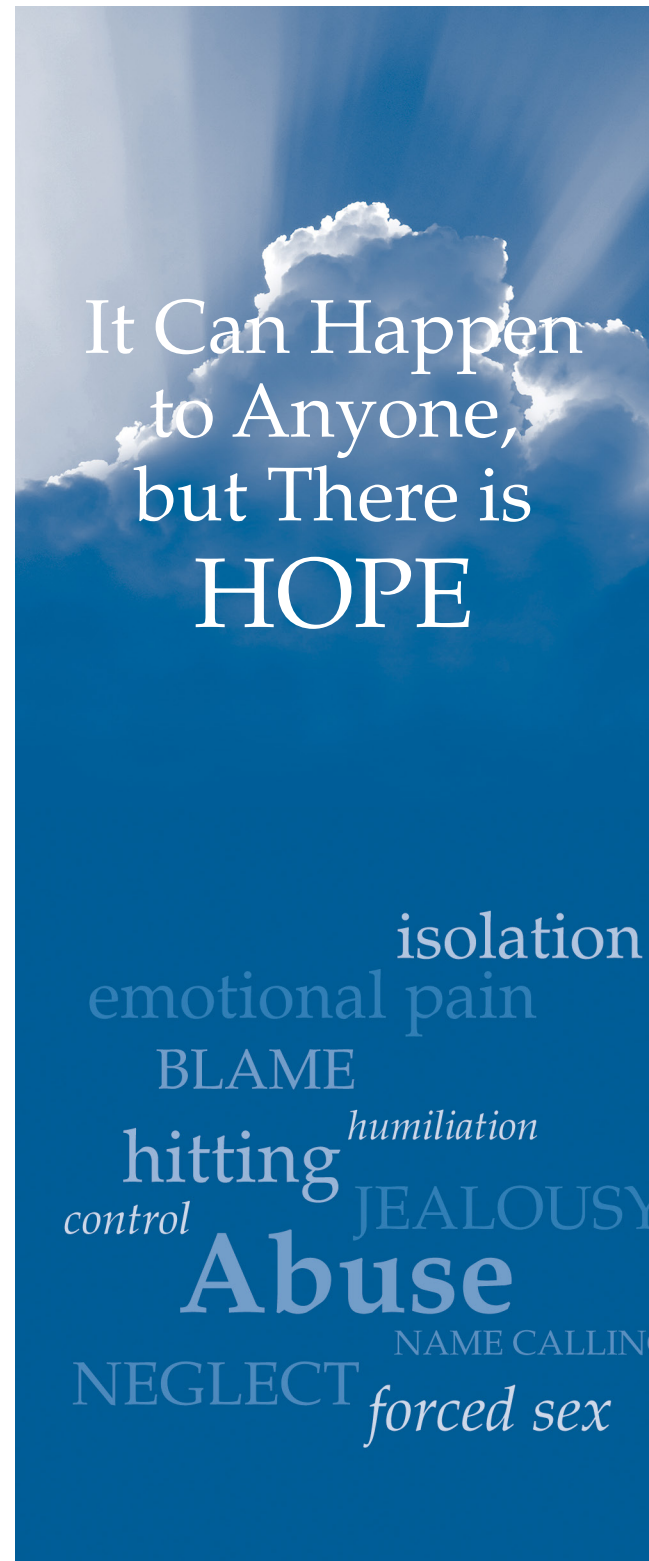
Local Resource:



allinahealth.org

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It Can Happen to Anyone...

Isolation. Emotional pain. Blame. Name calling. Hitting. Humiliation. Control. Jealousy. Abuse. Neglect. Forced sex.

Family violence is:

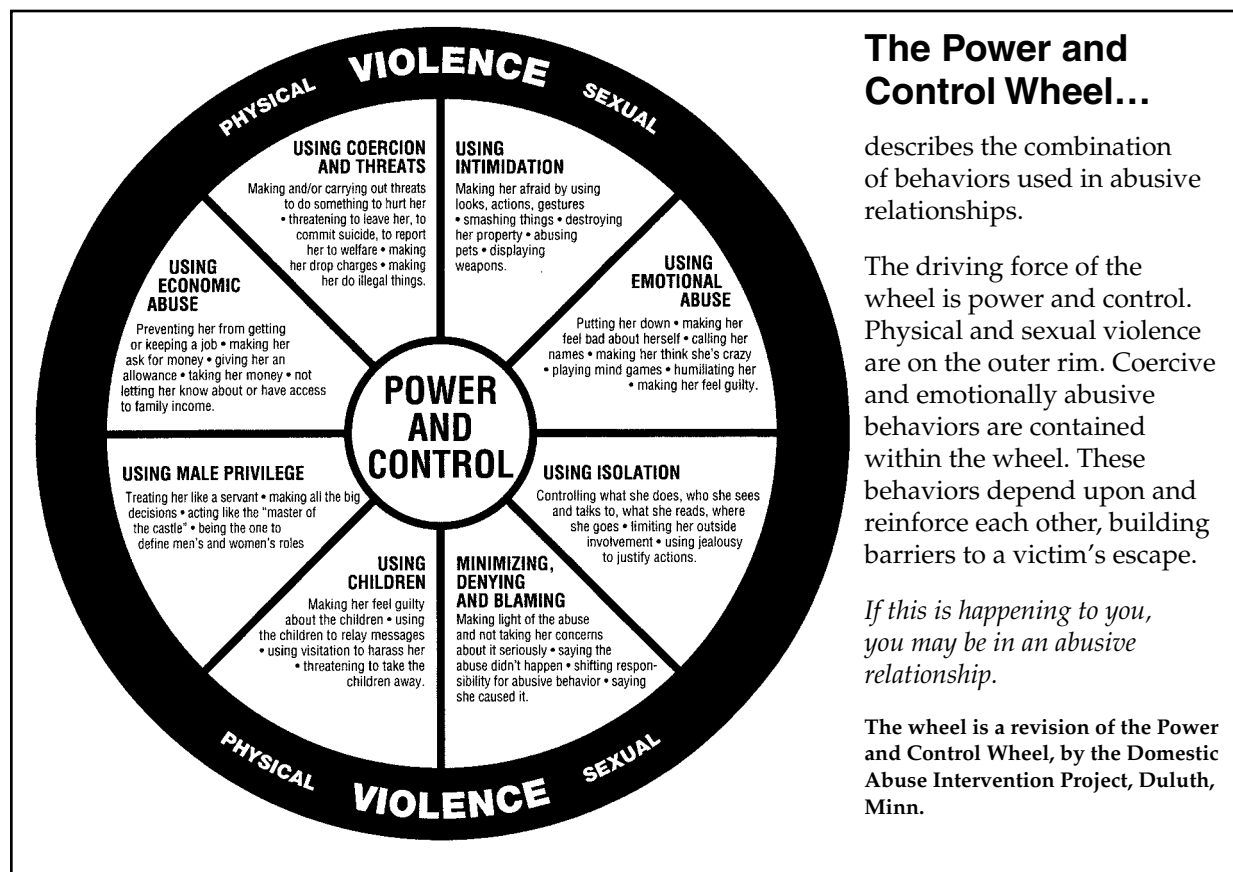
- power and control of one person over another
- the use of violence or threat of violence to control another.

Physical and sexual violence is a crime.

Family violence can happen to anyone, but there is hope.

How Family Violence Affects...

- **the abused person.** This person is isolated from others, has low self-esteem, depression, hopelessness, increased chemical abuse, emotional and physical illnesses, pain and injuries. Sometimes an abused person is murdered.
- **the abusive person.** This person conducts relationships using power and control.
- **children.** Children have low self-esteem and guilt, and emotional and physical illnesses. They have an increased risk of being physically abused, sexually abused, neglected, or all. Violence is a learned behavior. Children living in homes with abuse are more likely to repeat what they have seen and heard.



The Power and Control Wheel...

describes the combination of behaviors used in abusive relationships.

The driving force of the wheel is power and control. Physical and sexual violence are on the outer rim. Coercive and emotionally abusive behaviors are contained within the wheel. These behaviors depend upon and reinforce each other, building barriers to a victim's escape.

If this is happening to you, you may be in an abusive relationship.

The wheel is a revision of the Power and Control Wheel, by the Domestic Abuse Intervention Project, Duluth, Minn.

Is Your Partner or Someone Who Cares for You...

- jealous of time you spend with friends, family or co-workers
- easily upset by daily troubles such as children making noise
- controlling about how you spend money or how much money you have
- unpredictable in mood swings, one minute loving, the next mean
- cruel to people or animals?

Does Your Partner or Someone Who Cares for You...

- control or try to control where you go or how long you stay
- wake you up and make accusations of affairs, threaten or swear at you
- say cruel or hurtful things to you, or humiliate you
- threaten you, cause physical pain, make you feel afraid, or all
- break objects or smash the wall.