LOVE

is...
caring, trusting, respecting, accepting

is not...
controlling what you do, who you talk to, who you see or where you go, or stopping you from seeing your friends & family

Shoving, slapping, choking, hitting, intimidating, or threatening you with weapons or words
Safety Matters:

• Have a **phone** accessible at all times & know where to call for help.
• **Tell** a trusted friend or co-worker about your situation.
• Pack a **bag** with keys, identification, money & copies of important documents. Put the bag in an easily accessible spot (friend, work, etc.).

MN Domestic Violence Crisis Line (24 hrs)..........................1-866-223-1111
Hennepin Healthcare Emergency (24 hrs)..............................612-873-3132
Hennepin Assault Response Team (HART)..............................612-873-5832