

Caring Relationships, Healthy You



Do my partner(s):

- ✓ Support me and my choices?
- ✓ Support me in spending time with friends or family?

Do I:

- ✓ Feel comfortable talking about sex and protection with my partner(s)?
- ✓ Support my partner(s) and their identities?

Is your relationship affecting your health?

You can talk to your provider about what's going on. We value you, your loved ones, and your community.

If you have questions about relationships or abuse, national hotlines can connect you to local resources and provide confidential support 24/7 via phone or online chat:

National Domestic Violence Hotline
1-800-799-7233 | 1-800-787-3224 (TTY) | thehotline.org

The Trevor Project
Crisis line for LGBTQ Youth | 866-488-7386
thetrevorproject.org

Other helpful resources:

The Northwest Network nwnetwork.org
National Coalition of Anti-Violence Programs
ncavp.org
FORGE for trans survivors and allies
forge-forward.org
The Network/La Red tnlr.org

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