All moms deserve healthy relationships. Ask yourself:

✔ Do I feel treated with respect and kindness?
✔ Do I feel safe and supported?
✔ Does my partner support my decisions about if or when I want to have more children?

If you answered YES to any of these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, a longer life, and better outcomes for children.
How is your health, how are you coping? Ask yourself:

✔ Do I feel so sad I can’t get out of bed or take care of the kids the way I want to?
✔ Am I smoking more to try and calm myself?
✔ Am I drinking more, using prescription drugs, or other drugs to make the pain go away?
✔ Do I ever feel so sad that I have thoughts of hurting myself or suicide?

If you answered YES to any of these questions, the reason might be connected to your relationship. Talk with your home visitor right away about how to get help or call the National Suicide Hotline: 1-800-273-8255.

Helping Another Mom

Everyone feels helpless at times—like nothing they do is right.

This might be true for you or someone you know. Connecting with other Moms about what’s hard, and where you find strength, might help you feel less alone.

You can make a difference by telling another Mom she’s not alone: “Hey, I’ve been there too. Someone gave this card to me, and it helped give me ideas on places I can go to get support and be safer.” And for you? Studies show that when we help others we feel good about ourselves, too.

Helping Another Mom

If you are being hurt by a partner, it is not your fault. You deserve to be safe and treated with respect.

If your safety is at risk:

Call 911 if you are in immediate danger.

Prepare an emergency kit in case you have to leave suddenly with: money, phone charger, keys, medicines, birth certificates and immunization records.

Talk to your home visitor for help using their phone to call the local or national hotlines on this card so the number you called can’t be traced. Develop a safety plan using this app: http://www.joinonelove.org/my_plan_app

The National Domestic Violence Hotline has staff who are trained to help people in unsafe relationships. They answer the phone 24/7, can help you plan for safety and provide support – and everything you tell them is private and confidential. You are not alone – they have your back.

The Hotline
1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224  www.thehotline.org

Treatment Referral
1-800-662-HELP (1-800-662-4357)
Referral service for substance use or mental health issues.