

Love Shouldn't Hurt.

If you or someone you know is living in an abusive relationship, help is available.

Go to www.memphiswomen.org or www.memphissaysnomore.com.

You can build a safety plan:

- Identify “**safe**” **areas** of your house (more than one exit, nothing that could be used as a weapon).
- **Tell someone** you trust what is happening to you and make a plan with her in case you need help.
- If possible, always have an easily accessible **phone**.
- Keep **important items** (documents, medications) together in case they need to be grabbed quickly.
- **Talk to your children** about safety. Tell them not to get involved in the violence at home.
- **Teach your children** how to get help and practice the safety plan with them.

Violence at home. Victims at work.

