If you think you are being abused, seek help immediately!

You may be in an abusive relationship if your spouse, partner or a family member:

• Intimidates or threatens to hurt you, your family, or pets.
• Touches you in ways that hurt or scare you.
• Insults you in public.
• Limits where you go, what you do, and whom you see.
• Tries to control your money.
• Monitors your phone or online activity.
• Destroys your things.
• Makes you have sex in ways or at times that are uncomfortable to you.
• Blames you for the abuse.
• Tells you jealousy is a sign of love.
• Makes you fearful when he or she is angry.
• Tells you that jealousy is a sign of love.
• Makes you feel guilty for what you did.
• Makes you feel guilty for what you did.
• Blames you for the abuse.
• Makes you fearful when he or she is angry.

Police/Emergency: 911
Domestic Violence Hotline: (208) 343-7025
Sexual Assault Crisis Hotline: (208) 345-7273

Are you or someone you know being abused?

(For emergency shelter, counseling, and protection orders)

This card provided by the Women's & Children's Alliance

You may be in an abusive relationship if your spouse, partner or a family member:

If you think you are being abused, seek help immediately!
Emergency Shelter
WCA Crisis Center Hotline ........................................... 343-7025
Hays Shelter Home (youth ages 9 to 17) ...................... 322-6687
Interfaith Sanctuary .................................................. 343-2630
River of Life Rescue Mission (for men) ....................... 389-9840
City Light (for women) .............................................. 368-9901

Counseling - Victims
WCA Crisis Center .................................................... 343-7025
Salud y Provecho ...................................................... 454-8632

Protection Orders
WCA Crisis Center .................................................... 343-7025

DV Legal Advice Line
Idaho Legal Aid ....................................................... 1-877-500-2980

National Hotline
National Domestic Violence Hotline ........................................... 1-800-799-7233 (SAFE)

Safety Plan:
• Plan in advance a safe house or shelter to go to.
• Decide how you would get there.
• Have a bag packed with the following items:
  - One to two days of clothing.
  - Important papers: (birth certificates, social security cards, etc.).
  - Extra keys.
  - Small amount of cash.
  - Prescription medications.
  - Other items of importance.
• Know where to call for help; See listing on this card.
• Leave when you are aware of danger or threat of being hurt.

www.wcaboise.org