

**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.
- Destroys your things.
- Monitors your phone or online activity.
- Makes you have sex in ways or at times that are uncomfortable to you.
- Blames you for the abuse.
- Makes you fearful when he or she is angry.
- Tells you jealousy is a sign of love.



WOMEN'S & CHILDREN'S  
ALLIANCE

## Are you or someone you know Being Abused?

Police/Emergency: 911

Domestic Violence Hotline: (208) 343-7025

Sexual Assault Crisis Hotline: (208) 345-7273

(For emergency shelter, counseling, and protection orders)

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

## **Emergency Shelter**

WCA Crisis Center Hotline 208-343-7025  
Hays Shelter Home (*youth 9 to 17*)  
..... 208-322-6687  
Interfaith Sanctuary ..... 208-343-2630  
River of Life Men's Shelter 208-389-9840  
City Light Women's Shelter 208-368-9901

## **Counseling - Victims**

WCA Crisis Center ..... 208-343-7025  
Salud y Provecho ..... 208-454-8632

## **Protection Orders**

WCA Crisis Center ..... 208-343-7025

## **DV Legal Advice**

Idaho Legal Aid ..... 1-877-500-2980

## **National Hotline**

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

## **Victim Services**

Faces of Hope Victim Center: A one-stop triage facility for victims of intimate partner violence, sexual violence, child abuse, elder abuse, and stalking.  
facesofhopevictimcenter.org 208-577-4400

## **Safety Plan**

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- 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](http://www.wcaboise.org)