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Could you be in an abusive relationship? Create a Safety Plan!

- Talk to someone that you can trust.
- Plan in advance to have a safe place to go.
- Keep money and your cell phone or calling card with you at all times.
- Memorize important numbers in case your phone is taken.
- Establish a code word or sign so family, friends and co-workers know when to call for help.

1-866-331-9474
1-866-331-8453 (TTY for deaf/hearing impaired)

National Teen Dating Abuse Helpline
Se Habla Español

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