



STRONGHEARTS
Native Helpline

You have a right to a relationship free from **physical, emotional and spiritual abuse.**

As a culturally-appropriate domestic, dating and sexual violence helpline for Native Americans, *we understand.*

Trust. Speak. Heal.

StrongHeartsHelpline.org
1-844-7NATIVE (1-844-762-8483)

Does your partner:

- Keep you from your Native culture and spirituality?
- Call you degrading names?
- Frequently insult or criticize you?
- Act extremely jealous or possessive?
- Humiliate and shame you?
- Isolate you from relatives or friends?
- Not let you have access to finances?
- Physically harm you or force you to have sex?

If you answered yes to any of these questions, you might be in an unhealthy or abusive relationship. Call, text or chat online for free, confidential and anonymous support 24/7.

