



**YOU DESERVE A
HEALTHY RELATIONSHIP.**



YOU AND YOUR CHILD(REN) DESERVE TO FEEL SAFE AND BE TREATED WITH RESPECT.

Does your partner:

- Insult your parenting abilities or threaten to take your child(ren) away?
- Control where you go, who you talk to, or how you spend money?
- Destroy any of your belongings?
- Hurt you or your child(ren) with their words or actions?

VIRGINIA FAMILY VIOLENCE & SEXUAL ASSAULT HOTLINE

CALL 1-800-838-8238

TEXT 804-793-9999

LGBTQ PARTNER AND SEXUAL ASSAULT HELPLINE

CALL 1-866-356-6998

YOU DO NOT NEED TO BE IN CRISIS TO GET SUPPORT.

NATIONAL SUICIDE AND CRISIS LIFELINE

CALL 988

NATIONAL MATERNAL MENTAL HEALTH HOTLINE

CALL 1-833-9-HELP4MOMS

- Do you feel so sad that you can't get out of bed or take care of the kids the way you want to?
- Are you smoking more to try and calm yourself?
- Are you drinking more, using prescription drugs, or other drugs to make the pain go away?
- Do you ever feel so sad that you have thoughts of hurting yourself or suicide?



If you answered YES to any of these questions, talk with your home visitor about how to get help.