

Coping Strategies

Ask yourself:

- Am I experiencing unhealthy eating habits (overeating/not eating enough) and gaining or losing weight?
- Am I smoking more to try and calm myself?
- Am I using alcohol, prescription medications, or other drugs to make the pain go away?
- Do I ever feel so sad that I have thoughts of hurting myself?
- Do I have frequent headaches or other chronic pain?

If you answered YES to any of these questions, it may be the result of chronic stress. Talk to your health care provider or domestic violence advocate about how to get help.

Increasing Your Safety

Referrals Can Help

Getting support for yourself and your children can help you move toward a healthier future—even the smallest step is something to celebrate.

Local domestic violence advocacy programs can meet with you privately, help you with safety planning and provide referrals to safe shelters. They also provide services for women who may not want or be ready to go to a shelter. Many programs offer:

- Drop-in one-on-one or support groups for women and services for children.
- Tribal-specific advocacy services to support your healing.
- Call your local program to find out what is available.



National Indigenous Women's Resource Center
www.niwrc.org



Formerly Family Violence Prevention Fund

FuturesWithoutViolence.org

Funded in part by the U.S. Department of Health and Human Services Administration on Children, Youth and Families. (Grant #90EV0414)
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National Hotlines

If you are being hurt by your partner, it is not your fault.

For toll-free, 24/7 support

Call the
National Domestic Violence Hotline
1-800-799-SAFE (7233)
TTY 1-800-787-3224

Sexual Assault Hotline
1-800-656-4673

Child Abuse Hotline
1-800-422-4453



Women Are Sacred

How is it Going?

Ask yourself:

- Do I feel respected, cared for and nurtured by my partner?
- Is my partner willing to communicate when there are problems?
- Does my partner give me space to be with friends and family?

If you answered YES to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better physical and mental health, longer life and better outcomes for your children.

On Bad Days?

Is my relationship unsafe or disrespectful? Ask yourself:

- Does my partner shame or humiliate me?
- Does my partner tell me what to do, where I can go, who I can talk to and how I spend my money?
- Does my partner threaten me, hurt me, or make me feel afraid?
- Does my partner make me do sexual things I don't want to do?

If you answered YES to any of these questions, you don't deserve to be hurt. Your health care provider or local advocate can support you and connect you to helpful programs.

If You're Raising Children

Many parents who were abused as children or adults can be 'triggered' easily, quick to anger, have less patience and more anxiety. These are learned responses to what happened, but there are strategies to help and support you:

- If you feel frustrated, gently place the baby in the crib while you catch your breath in the next room.
- If you feel unsure about your partner's ability to handle their frustration with the baby/child, don't leave the baby/child alone with them.
- Find a safe person that you can call to take a break if you are frustrated with your baby/children and call your health care provider or advocate for support.

Supporting Children

Studies have shown that children who live in homes where their mother has been hurt are more likely to experience learning disabilities, behavior problems, drug and alcohol abuse or even repeat abusive behavior as adults. But, children can also get through hard times and here are some ways that you can support them:

- Let them know it isn't their fault.
- Keep an open door for when your child is ready to talk.
- If your child is anxious or has behaviors that concern you, consult a pediatrician or counselor. Connect them to children's programs available in a domestic violence advocacy program.