

Learn about ways your family can heal from trauma or abuse.  
Visit [DurhamHelp.org](http://DurhamHelp.org) or 919-403-6562 to get started.

## Every Family Needs Support. We Are Here to Help.

One call can make a huge difference  
for you and your kids.

Project coordinated by:



Social Services



DPD report # \_\_\_\_\_

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# Support

# is All Around You



The Durham community has a network of support for families who want to find healing after violence in the home. For parents and kids, we can help you through the system to get services you need.

## HEALTHY RELATIONSHIPS, HAPPY KIDS

Everyone deserves to be loved, respected, and cared for in their relationships. It's good for parents, and really good for kids, too. If you are not in a safe, healthy relationship—it's time to get help. You are not alone.

fold - inside

## SUPPORT FOR YOU

- Do you have high levels of anxiety and stress at home?
- Are you afraid for yourself or your kids?
- Do you feel isolated from people who support you?
- Does your partner physically or verbally hurt you?

**Now is the time to ask for help.** You matter a lot. And your kids need you. Getting help for yourself can make a huge difference for you and your kids.

## SUPPORT FOR KIDS

We know you love your children. Being a caring and protective parent is the best way you can help your kids through tough times. When you are safe and happy, your kids are, too.