

You, and your story, matter.

You deserve:

- ✓ Hope
- ✓ Respect
- ✓ Safety
- ✓ Kindness

No matter who you are, where you come from or what has happened—everyone deserves to be treated with dignity and respect regardless of race, gender or sexual orientation.

Hope and Caring

Hope can make loneliness smaller.

- ✓ You got this card because someone cares about you.
- ✓ Hope can be hard to find when you are scared, hungry, or hurting.
- ✓ With this card you can help others feel connected, hopeful and seen.

Helping others helps heal us, too.

Building Trust

Learning to trust is hard when people have let you down.

Providers need to understand lots of personal questions can make you feel judged or less than.

You deserve to learn where you can get support and information on what to do next, even if you aren't ready to talk about what's going on with your provider.

That's what this card is for.

On Bad Days

Sometimes if you are being hurt the safest choice is to leave—even if that means being on the street.

- Being hurt, for some, means needing to exchange sex for money, food, showers, drugs or a place to sleep.
- Maybe you feel controlled or afraid of someone who is making you do things like this.

If this happened to you, you are not alone and it isn't your fault. No one deserves to be hurt or made to feel afraid. Everyone deserves support for healing.

Children and Parenting

When children and parents don't have a regular place to sleep that makes parenting harder. Children need love and hugs, and—

- ✓ Reading and singing
- ✓ A special lovey (toy or blanket for comfort)
- ✓ As much of a schedule as possible

For more ideas, go to: www.zerotothree.org/parenting

Parenting Hotline: 1-855-427-2736



History of Hurts

We know if hard things have happened they are a part of your story:

- Growing up poor
- Being in foster care/child welfare/in jail
- Serving in the military or struggling with PTSD
- Living with someone who hurt you, or hurt others you care about
- Being treated badly because of who you are

Even if some of this or a lot of this happened to you—it isn't the end of the story.

Keeping Pain Away

Turning off your feelings, getting numb, makes sense if you have been hurt or scared.

For a lot of people using drugs and alcohol is the only way to get a break from the hurt. If drugs or alcohol have been, or are, an issue for you:

Please know there is help available, and people who won't judge.

You can call the confidential SAMHSA helpline 24/7:
1-800-662-HELP(4357)

Finding Happiness

Your words matter, even on the hardest day find a way to say something positive: “This will be better” or “I’m going to make things better.”

Saying hopeful things often, and out loud, can help us with stress.

- ✓ *Love yourself—you deserve it*
- ✓ *Helping others can help us feel better too*
- ✓ *Choose supportive relationships and talk with friends*

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FUTURES
WITHOUT VIOLENCE®
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National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

TTY 1-800-787-3224 | www.thehotline.org

The Crisis Text Line:

Text “START” to 741741

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**Safe Places to Rest Your Head:
Healing, Heart and Hope**