

Do you feel like there is no one you can talk to and trust?  
Do you worry that your neighbors will find out?  
Have you thought about leaving but were too afraid?  
...or thought you lived too far from a shelter?  
...or were worried about leaving your pets behind?  
...or didn't have transportation?

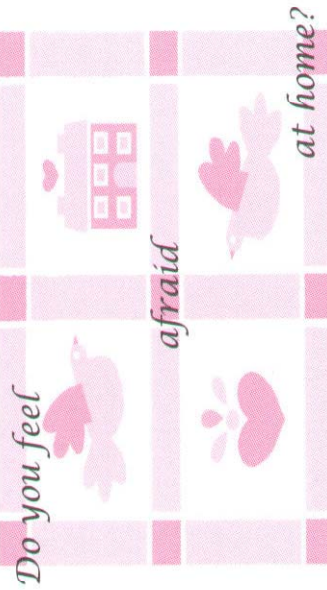
You are not alone.  
We can help.



ACTION OHIO Coalition For Battered Women  
P.O. Box 15673, Columbus Ohio 43215  
Phone: 1.888.622.9315; Fax 614.221.6357  
www.actionohio.org

Publication supported by FVPS Act funds (ODJFS)  
and proceeds from Flo's Garden Party (June 14,  
2003).

Card designed by Joellen Thomas



Does the person you love...  
push, shove, or grab you?

criticize, insult, or threaten you?  
hit, punch, or kick you?

Does the person you love...  
try to keep you away from your friends or family?

try to control who you can talk to?  
get jealous a lot?

Do you feel afraid at home?

Your nearest domestic violence shelter can



...give you a safe place to stay

...provide a person you can talk to and trust

...help you make a plan to stay safe

Many shelters can provide transportation  
and may even find a safe place for your pet.



Abuse is *NOT* a problem with a relationship.  
It is a problem with the person abusing you.  
And it is *NOT* your fault.

What to take when you leave for a shelter:

Driver's license, social security card, birth certificates for  
you & your children, cash, checkbook, credit & ATM cards,  
bank book(s), divorce & custody papers, protection orders,  
lease or house deed, keys to home, car & office, medications,  
medical records, personal items, your children's favorite  
toy(s), extra clothing and diapers.

For information or the name of your nearest shelter  
call Action Ohio toll-free at 1.888.622.9315.