



# COMBATING AN ABUSIVE Relationship

## HOW TO STAY STRONG



Your decision should be based on how your partner behaves now and not on future expectations or promises.

Do not let fear overpower your decision-making capabilities.



# SOS

Use secret code words to communicate danger to your reliable friends or family members so that they can arrange for help.

Protect yourself from surveillance devices, use a second cell phone, make copies of important documents, and change banking and email passwords.



Try to accumulate evidence of abuse in case the police get involved.

## WHERE TO GET SUPPORT



You may undergo assertiveness training or approach support groups for help.

Identify safe places and people to seek refuge.



Seek help from your doctor, nurse, or counselor.

In the US, you may contact a counselor at the National Domestic Violence Hotline.



Search for a shelter for women. You may find helplines providing 24X7 assistance for victims of domestic violence and abuse.