

# LOVE



## is...

caring, trusting,  
respecting, accepting

## is not...

controlling what you do,  
who you talk to, who you  
see or where you go, or  
stopping you from seeing  
your friends & family

Shoving, slapping, choking,  
hitting, intimidating, or  
threatening you with  
weapons or words

# Safety Matters:

- Have a **phone** accessible at all times & know where to call for help.
- **Tell** a trusted friend or co-worker about your situation.
- Pack a **bag** with keys, identification, money & copies of important documents. Put the bag in an easily accessible spot (friend, work, etc.).



**MN Domestic Violence Crisis Line  
(24 hrs).....1-866-223-1111**  
**Hennepin Healthcare Emergency  
(24 hrs).....612-873-3132**  
**Hennepin Assault Response Team  
(HART).....612-873-5832**

