

**Nobody
deserves to
be afraid.**



I deserve to feel safe.

If your partner is hurting you
emotionally or physically,
talk to your health care provider
or call the New York City
Domestic Violence Hotline.

**Call 311 or
1-800-621-HOPE
(1-800-621-4673)**

Available 24 hours a day.

If you are in immediate danger, call 911.



Michael R. Bloomberg
Mayor
Thomas R. Frieden, MD, MPH
Commissioner



Abuse is...
Always wrong.
Always harmful.
Never your fault.



Get help – Protect yourself.

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**Partner violence
is like a disease.**

It hurts people.

It's not healthy.

**It can spread
through families.**



Get help – Stop the spread of violence.

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Partner violence affects children.

Children learn behaviors they see and they repeat the cycle of violence.



THE CYCLE STOPS WITH ME.

Get help – for your children's sake.

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