



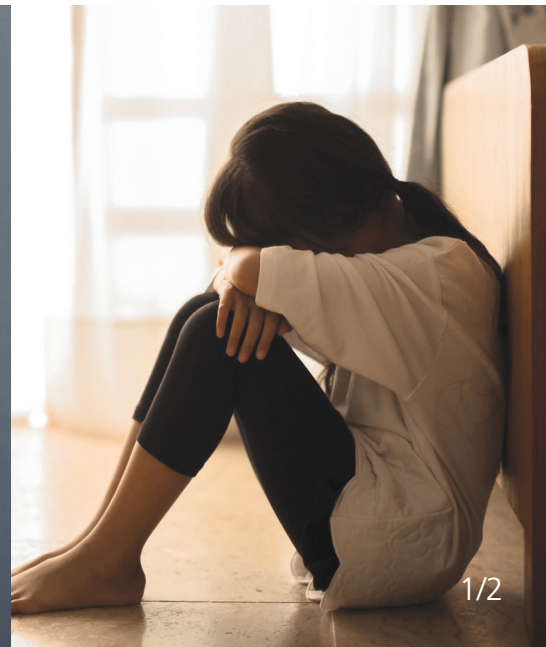
Are you in a hurting relationship?

You are not at fault or alone. If you are abused, it does not mean you are not a good person. A person who abuses you wants to control your life.

Talk to someone you trust: a friend, neighbor, family member, or your case worker. Get support by calling one of the phone numbers listed here.

IN AN ABUSIVE RELATIONSHIP, A PARTNER, PARENT, OR CAREGIVER MAY:

- Be very jealous or have a bad temper.
- Force sexual contact.
- Hit, kick, slap, or push you.
- Keep you away from your family and friends.
- Ignore the health and safety of a child, adult with disabilities, or older adult.
- Threaten or blame you.
- Throw things at you or break things.
- Try to control what you do, how you act and feel, and who you see.
- Use your money or what you own without your consent.



YOU CAN GET HELP, SAFE SHELTER, ADVICE, AND PLANNING AT ANY TIME.

Call one of the numbers in this handout. These places provide support to both women and men. They will NOT judge you. They want to help. You do not have to give your name or other information. What you say will not be shared.

You can ask for an interpreter if you do not speak English. **Unless noted, all phone numbers are 24-hour hotlines. If you are in immediate danger, call 911.**

Alameda County 2-1-1 (Domestic violence shelter and housing referrals)	Toll-Free: 211
Alameda County Family Justice Center, Oakland	Phone Number: 1.510.267.8800 (Monday – Friday, 8:30 am – 5 pm)
A Safe Place, Oakland	Phone Number: 1.510.536.7233
Building Futures, San Leandro	Toll-Free: 1.866.292.9688
Family Violence Law Center	Toll-Free: 1.800.947.8301
National Domestic Violence Hotline	Toll-Free: 1.800.799.7233 www.thehotline.org
Ruby’s Place, Hayward	Toll-Free: 1.888.339.7233
S.A.V.E., Fremont	Phone Number: 1.510.794.6055
Tri-Valley Haven, Livermore	Toll-Free: 1.800.884.8119

REPORT ABUSE OF CHILDREN, ADULTS WITH DISABILITIES, AND OLDER ADULTS.

If you suspect abuse of a child, adult with disability, or older adult, call the 24-hour hotlines below. You do not have to give your name when you report.

Child Abuse Reporting Hotline
Phone Number: **1.510.259.1800**

Adult Protective Services
Toll-Free: **1.866.225.5277**

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org



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