

Do any of these questions sound familiar?

- Does your current or past partner ever make you feel afraid for yourself or your children?
- Does the person you're dating make you feel guilty when you spend time with family and/or friends?
- Did a family member, someone you know, or a stranger force you to do something sexually that you did not freely agree to do, either recently or a long time ago?
- Is someone giving you unwanted romantic attention?
- Do you think someone is checking up on your whereabouts or accessing your information online?
- Does your partner constantly criticize you, tell you that you're worthless, or put you down?
- Does your partner threaten to take away your children or have you deported?
- Do you have questions about Massachusetts' laws and options for people affected by domestic and sexual violence?
- Are you thinking of leaving Massachusetts to get away—with or without your children—from the person abusing you?
- Do you wish you could find someone to listen to your questions and concerns?
- Are you worried about the safety of someone you care about?
- Are you unsure about what to do next and where to get help?

You are not alone

There is a wide range of normal feelings, experiences, and questions for victims and survivors of sexual and domestic violence. No matter what you've been told to the contrary, no one deserves to be abused or assaulted. We know that these concerns can feel overwhelming. And we want you to know that you are not alone.

There are resources across Massachusetts and the country designed specifically for victims and survivors and those who care about them. Research has proven time and again that trained local advocates are a major factor in both protection from and healing after abuse.

Millions of victims and their children and loved ones who have been helped by sexual and domestic violence programs are living and thriving in lives free of violence and abuse.

You may be uncomfortable sharing your experiences with someone you don't know. We understand. Trained advocates are there to help you, offer support, connect you with resources and respect your decisions.

Whether the violence you've experienced happened recently or in the past, you can call a sexual or domestic violence program to get the support you need and deserve. Advocates can help you find somebody to talk to, identify and obtain housing, legal and medical support as well as shelters, programs and other resources for you and your children. Programs can also help family members, friends and colleagues with concerns.

Trust your instincts.

It's normal to sweep your concerns aside, hope that the fear will pass, and believe that it can't get worse. Trust your gut. Reach out and talk to someone about what you and your loved ones need most right now.

As a victim and/or survivor, you know your experience better than anyone else. Trained advocates at sexual and domestic violence programs will be there with you side by side on your journey towards increased safety. Together, you can work to get your questions and concerns answered, which can help you take steps toward peace and safety.

Your Rights

You have the right to safety, dignity, and liberty. You have the right not be abused physically, sexually, emotionally, or financially. You also have the right to a police response. You have the right to live free of fear and violence.

You don't have to be in crisis to call.

- Call anytime, 24 hours a day, 7 days a week.
- All services are confidential and free.
- No one will force you to leave or take legal action.
- Someone is always here to listen.