

Safe and nurturing relationships

Your relationship with your partner and others affects your baby. During pregnancy, the likelihood of abuse can increase. You and your baby deserve to be safe.

Are you in a healthy relationship?
Ask yourself:

- Does my partner criticize me and make me feel like I'm at fault?
- Does my partner control where I go, who I talk to, and how I spend money?
- Has my partner hurt or threatened me, or pressured me to have sex?

If you answered "yes" to any of these questions, your health and safety may be in danger. Talk to someone you trust about what's going on with your partner.

If you are being hurt by your partner your baby may also be harmed. It is not your fault. You and your baby deserve to be safe and healthy.

If your safety is at risk, here's how you can protect yourself:

- Call 911 immediately if you are in danger.
- Develop a safety plan. (What would you do, where would you go if you found you were in immediate danger?)
- Make an emergency kit for a situation where you have to leave suddenly. Include keys, money, medicine, important documents and phone numbers, etc.

For more information

Statewide Crisis Line

1-888-235-5333

Online list of services and agencies in Oregon

www.ocadsv.org

Oregon 211info

Visit 211info.org, call 1-800-723-3638 or dial 211 to find services anywhere in Oregon.

National Teen Dating Abuse Helpline

www.loveisrespect.org

Chat online from 2 p.m. to 10 p.m.

1-866-331-9474

1-866-331-8453 (TTY)

Or text "loveis" to 77054

National Domestic Violence Hotline

www.ndvh.org

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)