

# abuse

can take many forms

**VERBAL** to insult and call names, to yell, to humiliate

in front of others **EMOTIONAL** to break down self-esteem,  
to isolate from friends and family, to be jealous, possessive, controlling

**FINANCIAL** to take money and paychecks, to control

financial decisions, to interfere with ability to work **SEXUAL** to rape,  
to pressure into unwanted sexual activity, to prevent from using birth control

**PHYSICAL** to shove/slap/punch, to strangle,  
to drive in a frightening manner

## SafeLink

**24/7 • toll-free • multilingual**  
**supportive listening • information/resources**  
**safety planning • link to shelters**

call

**1.877.785.2020**

MA Statewide Domestic Violence Hotline  
a program of Casa Myrna  
[www.casamyrna.org](http://www.casamyrna.org)

Place tear-off cards here