



Is Your Partner Hurting You?

DOMESTIC VIOLENCE
Don't wait another minute.

Help is Available



**SAN MATEO COUNTY
BEHAVIORAL HEALTH &
RECOVERY SERVICES**

Are You Being Abused?

How do I know if I am being abused?

10 Questions to ask yourself:

Does your partner:

- Insult you or call you names?
- Threaten to hurt you or your loved ones?
- Hit you, push you, or attack you?
- Scream or curse at you?
- Prevent you from seeing friends or family?
- Control your money?
- Threaten to take your children from you?
- Threaten to report you to the authorities (police, CPS, or INS)?
- Threaten to commit suicide?
- Force you into having sex?

If you answered "Yes" to any of these questions, you may be in an abusive relationship.

It's not your fault

It's not easy to admit you're being abused. You may be confused about your feelings. And maybe you think you're to blame.

We want you to know that it's not your fault. And that caring, well-trained people are ready to help. Right now.

There is a way out. It starts with a phone call.

Adapted with permission from CORA's Domestic Violence Brochure.

Help is Available

- **APA Family Support Services**
(415) 616-9797
www.apasfgh.org
- **Archway Youth and Family Enrichment Services (YFES)**
(650) 366-8433
www.yfes.org
- **Asian Women's Shelter**
(415) 751-7110
www.sfaws.org
- **Community Overcoming Relationship Abuse (CORA)**
(800) 300-1080
www.corasupport.org
- **Healthy Homes Youth and Family Enrichment Services (YFES)**
(650) 579-0361, ext. 15
www.yfes.org
- **24-Hour Crisis Line**
(650) 579-0350
- **Suicide Prevention**
(800) 784-2433
- **San Mateo County Psychiatric Emergency Services**
(650) 573-2662
- **San Mateo County Behavioral Health & Recovery Services - ACCESS**
(800) 686-0101



San Mateo County
Behavioral Health & Recovery Services
Office of Diversity & Equity
Pacific Islander Initiative
225 37th Avenue
San Mateo, CA 94403
Phone: 650.573.2541
FAX: 650.573.2841
www.smhealth.org/BHRS

**Behavioral Health
& Recovery Services**
SAN MATEO COUNTY



Oku fakamamahi'i koe'e ho mali pe kaume'a?

Koe fakae hau 'oku hoko i'api.
'Oua na'ake toe tatali i'ha momentiti.

'Oku 'iai e tokoni!



**SAN MATEO COUNTY
BEHAVIORAL HEALTH &
RECOVERY SERVICES**

'Oku fakae hau'i koe?

Fehu'i'e 10:

Teu 'ilo fee fee 'oku fakae hau'a' au?

'Oku hanga 'e ho mali pe kaume'a 'o fai ha taha 'oe ngaahi me'a ni kiate koe:

- Kapekape'i mo lea kovi'i koe?
- Fakamanamana ke taa'i koe pe koho famili?
- Taa'i koe, tekelele pe 'ohofi koe?
- Kaila'i pe kape'i koe?
- Ta'ofi koe mei he fetu'utaki mo ho famili mo ho kaungame'a?
- Pule'i ho'o pa'anga?
- Fakamanamana ke 'ave ho'o fanau meiate koe
- Fakamanamana ke launga'i koe kihe polisi, CPS, 'imikuleisoni?
- Fakamanamana ke 'alu ia 'o taonakita?
- Fakamalohi'i koe ke fe'auaki

Kapau na'ake tali 'io kiha taha 'oe ngaahi fehu'i 'oku ha 'i'olunga, Vakai na'a 'oku fakae hau'a' koe.

Oku 'ikai ko hao fo'ui ia 'o'ou

'Oku 'ikai ko ha me'a faingofua kete fakaha 'oku fakae hau'a' kita. 'E lava pe ke fihitu'u ho'o ongo'i. Pea taimi e ni'ih'i 'oku te pehe ko'ete kovi pe 'a'ata.

'Oku mau fie fakaha heni kiate koe, 'oku 'ikai ko hao fo'ui ia 'o'ou. 'Oku tu'u tatali 'ae kakai kuo ako'i, pea te nau tokanga mo mateuteu ke tokoni'i koe. Pea ke fakahoko ia 'ihe taimi ni. 'Oku 'iai ma'u pe 'ae founga ke lava ke ke ma'u ai ha tokoni. 'E

Adapted with permission from CORA's Domestic Violence Brochure.

'Oku 'iai e tokoni.

- **APA Family Support Services**
(415) 616-9797
www.apasfgh.org
- **Archway Youth and Family Enrichment Services (YFES)**
(650) 366-8433
www.yfes.org
- **Asian Women's Shelter**
(415) 751-7110
www.sfaws.org
- **Community Overcoming Relationship Abuse (CORA)**
(800) 300-1080
www.corasupport.org
- **Healthy Homes Youth and Family Enrichment Services (YFES)**
(650) 579-0361, ext.15
www.yfes.org
- **24-Hour Crisis Line**
(650) 579-0350
- **Suicide Prevention**
(800) 784-2433
- **San Mateo County Psychiatric Emergency Services**
(650) 573-2662
- **San Mateo County Behavioral Health & Recovery Services - ACCESS**
(800) 686-0101



San Mateo County
Behavioral Health & Recovery Services
Office of Diversity & Equity
Pacific Islander Initiative
225 37th Avenue
San Mateo, CA 94403
Phone: 650.573.2541
FAX: 650.573.2841
www.smhealth.org/BHRS

**Behavioral Health
& Recovery Services**
SAN MATEO COUNTY