

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.

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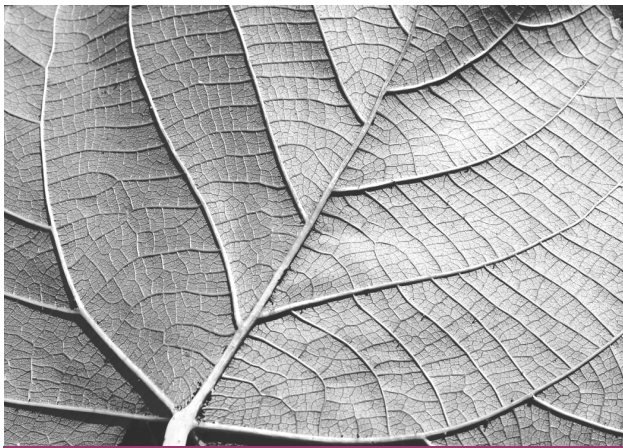
- **APA Family Support Services**
(415) 616-9797
www.apasfgh.org
- **Archway Youth and Family Enrichment Services (YFES)**
(650) 366-8433
www.yfes.org
- **Asian Women's Shelter**
(415) 751-7110
www.sfaws.org
- **Community Overcoming Relationship Abuse (CORA)**
(800) 300-1080
www.corasupport.org
- **Healthy 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



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

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/ODE

8/10 1M SAM



O sauaina oe e lou to'alua po'o lau uo?

SAUAGA I AIGA
Aua e te toe fa'atali.

O lo'o maua le fesoasoani mo oe!



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

O sauaina oe?

**E fa'apefea ona ou iloa o lo'o sauaina a'u?
Tali fesili nei e sefulu.**

Pe ua tago lou to'olue po'o lou uo e

- Ta'u leaga oe pe valaau oe i ni igoa le ma'alofia?
- Fa'afefe oe o le ana fasia oe po'o e e pele ia te oe?
- Fasi oe, tulei oe pe osofaia oe?
- E'e pe palauvale ia te oe?
- Taofi oe mai lou va'ai i au uo, aiga ma e masani?
- Pule i au tupe?
- Tau fa'afefe oe o le a aveeseina lau fanau ma oe?
- Tau fa'afefe oe o lea lipoti oe i leoleo po'o le ofisa o femalagaiga?
- Tau fa'afefe oe o le a pile i lona ola?
- Fosi oe i feusuaiga?

Afai na e tali "ioe" i so'o se isi o nei fesili, o lona uiga, o lo'o sauaina oe e le tagata lea e lua te nonofo.

E le o oe le mafuaaga

E le o se mea faigofie lou fa'apea ifo o lo'o sauaina oe. O lo'o fenumia'i lou mafaufau i ou lagona ma 'e fa'apea ane ai, o oe le mafua'aga.

Matou te fia fa'ailoa atu, e le'o oe le mafua'aga. Ma o lo'o iai tagata alolofa ma le agava'a e fesoasoani ia te oe i le taimi nei lava.

O lo'o iai se auala fesoasoani. e amata lea i na'o lou viliina o le telefoni.

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O lo'o maua le fesoasoani mo oe

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