WARNING

You may be a victim of Domestic Violence or Substance Abuse

**Domestic Violence**
- If the person you love
  - tracks your time and activities
  - criticizes or humiliates you
  - hits, grabs, pushes or pinches you, your children or pets
  - forces you to have sex against your will
  - destroys your personal property
  - keeps you away from your family and friends

**Substance Abuse**
- If you or a family member
  - are uncomfortable without drugs or alcohol
  - hide or sneak drinks or drugs, or use alone
  - have memory loss or blackouts from using
  - have school, work, family or legal problems
  - get upset when someone tries to discuss the drinking or drug use

Oklahoma 24-Hr Toll Free Hotline: 1-800-522-SAFE (7233) (V/TDD)

REACHOUT 24-Hr Toll Free Hotline: 1-800-522-9054 (V/TDD)

We Want To Help!