

Is the Helpline for You?

Is your partner afraid of you?

Do you want a new way of looking at how to be safe in your relationship?

Do you want to learn about the beliefs, values and behaviors of people who are always safe in their relationships?

Are you wondering if your relationship is safe or if you have gone too far?

Are you hurting someone you care about or love?

Does your partner feel controlled by you?

Are you a teen worried about someone's relationship or worried you might harm your partner?

Are you a family member or friend worried that someone is hurting their partner?

If you answered **yes** to any of these questions, the Helpline may be able to **help**.

*If someone's immediate safety is at risk please consider calling 911 or taking other safety measures.



877-898-3411

TTY users call 711

Helpline Responders

are available to talk from 10am - 10pm, 365 days a year.

All calls are anonymous and confidential.

Helpline Responders are not counselors. They listen, offer new ways of thinking, and help callers develop short and long-term strategies that support safety.

Helpline Responders also provide information and referrals to services in Massachusetts including Intimate Partner Abuse Education Programs as well as other services.

Call as often as you need!

We are here to support your efforts to be safe.

10to10helpline.org
Instagram: @Helpline1010
facebook.com/helpline1010.org

Facebook code:

