If you feel threatened, hurt, afraid, abused, or controlled, REACH OUT FOR HELP.

Constance Morris House, our domestic violence shelter, offers FREE counseling and a 24-hour crisis line to talk to someone about what you're going through: **708-485-5254**. You are not alone.

What is a Healthy Relationship?

In a healthy relationship, you feel safe, respected, and happy, but **1** in **3** teens will experience abuse in their romantic relationship.

Signs of Abusive Behavior from a Romantic Partner:

- ✓ Extreme jealousy
- ✓ Limiting your time with friends and family
- ✓ Demanding affection from you
- ✓ Telling you what to do
- ✓ Going out of their way to put you down
- ✓ Physically hurting you in any way or threatening physical violence
- ✓ Following you or harassing you with repeated calls, texts, or emails

Pillars Community Health is an innovative health and social services agency, among the first in the state of Illinois to integrate primary medical and dental care with mental health and social services. The organization is the result of a merger in January 2018 between Pillars and Community Nurse Health Center. Learn more at www.PillarsCommunityHealth.org.

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