



Pillars Community Health

Healing. Caring. Educating.



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

Call our 24-hour crisis line to talk to someone about what you're going through:

**708-485-5254**

Constance Morris House, our domestic violence shelter, offers FREE shelter and support groups. You are not alone.

### What is a Healthy Relationship?

In a healthy relationship, you feel safe, respected, and happy.

### 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 provides health, social and educational services including Medical, Dental, Mental Health and Substance Use Disorders, Domestic and Sexual Violence, Benefits Assistance, Prevention/Health Education and Outreach, and more. We envision communities where all people have equal access to the care they need, when they need it.

Learn more at [www.PillarsCommunityHealth.org](http://www.PillarsCommunityHealth.org), or call 708-745-5277.

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