Blame, shame, fear, control, and humiliation are NOT part of a healthy relationship.

LOVE SHOULD BE SAFE

When it’s not, help and support are available. Spread the word.

JF&CS Journey to Safety
(781) 647-5327
Ask for Journey to Safety
Email jts@jfcsboston.org
Monday – Friday, 9:00 a.m. – 5:00 p.m.

Love is Respect
24/7 National Teen Dating Abuse Helpline
(866) 331-9474
Text LOVEIS to (866) 331-9474
Online chat at www.loveisrespect.org

SafeLink
24/7 Massachusetts Domestic Abuse Hotline
(877) 785-2020

National Domestic Abuse Hotline
24/7 Helpline
(800) 799-7233
Online chat at www.thehotline.org

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH