



**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!