

Many people experience intimidation, threats or even physical harm in their relationships or with interactions with others, whether at home, outside or at work. Anyone can be hurt or frightened by a stranger, intimate partner, employer or work supervisor and even someone close to you like a family member, or friend.

If you are dealing with a person or people in your life that scare, or have hurt you or treated you unfairly, you are not alone and there is help available! These are some resources available to you regardless of your gender identity, race, age, citizenship status or sexual orientation.

- ★ **If you are being harmed by a family member or caregiver or an intimate partner (dating partner, spouse, ex-spouse, related by a child):**

National Domestic Violence Hotline 1-800-799-SAFE

IL Domestic Violence Hotline 1-877-TOENDDV

- ★ **If you feel somebody is pressuring you to work in a job or engage in sexual activities that you do not want to do:**

National Human Trafficking Hotline 1-888-3737-888 Text BEFREE to #233733

Chicagoland Human Trafficking Hotline/ STOP-It 877-606-3158

- ★ **If you have been raped or sexually assaulted:**

RAINN National Hotline 800-656-HOPE (800-656-4673)

Chicago Rape Crisis Hotline 888-293-2080

- ★ **If you feel your child or a child may have been hurt in any way by a caregiver such as a parent, parent's boyfriend or girlfriend, or a babysitter:**

Illinois Department of Children and Family Service hotline:

1-800-25-ABUSE or 1-800-252-2873

HELP IS AVAILABLE FOR YOU and YOU DESERVE TO BE HAPPY AND SAFE!