



# Everyone deserves a healthy relationship

## No one ever deserves to be mistreated.

Abuse is a pattern of behavior that one person uses to gain power and control over another. These behaviors can include isolation, emotional abuse, monitoring, controlling finances, or physical and sexual assault.

Everyone should be free to make their own choices in relationships. If you are experiencing harm or need advice, call the National Domestic Violence Hotline. You can reach their advocates 24/7/365 to get the support you deserve. No names, no fees, and no judgement. Just help.  
800-799-SAFE (7233) or 800-787-3224 (TTY).

[www.thehotline.org](http://www.thehotline.org)

You can also find a program in your area that can help. Find out more about what kind of help is available at [wscadv.org/get-help-now](http://wscadv.org/get-help-now).



**Employment Security Department**

WASHINGTON STATE

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