



Strong In Our Roots

You Matter

We all deserve kindness and respect. Maybe that's a big change from how you were treated in the past.

- ✓ Everyone is worthy of hope, respect, support and kindness.
- ✓ Life can be lonely. Everyone deserves someone to talk to about relationships.

It's ok to ask for help!

Building Trust

If systems have broken your trust in the past, they may be hard to trust now.

- ✓ Answering questions or sharing something is always your choice.
- ✓ You have the right to get information on how to get support for you and your family, including help for mental health, substance use and if people feel unsafe, or need help.

We believe trust is something to be earned.

Difficult Childhoods

Many people (about one in four) grew up in homes where there was mistreatment or other problems.

- ✓ Maybe someone was hurting you or someone you love.
- ✓ Maybe you were worried about where you would live or having enough food to eat.
- ✓ Maybe your caregiver couldn't care for you the way they wanted to.

No one should have things like this happen. Healing and wholeness are possible.

Complicated Relationships

Sometimes people hurt us—could be parents, partners, or others who do this.

- ✓ Sometimes we don't get support for ourselves, or support with parenting from the people we want it from the most.
- ✓ Sometimes we don't get to make decisions about money or the way we are treated physically or mentally.
- ✓ Sometimes hurting others or being hurt yourself makes people feel ashamed or afraid they can't change.

No relationship is perfect, sometimes we need help.

Health Effects and Hope

Harmful experiences in childhood and adulthood can increase health issues such as:

- ✓ Asthma, chronic pain, diabetes
- ✓ Smoking, drinking, prescription and drug abuse
- ✓ Stress, anxiety, depression, suicide
- ✓ Relationships where you're being hurt or hurting your partner

If you, or someone you know, is feeling so sad they plan to hurt themselves call the Suicide Hotline: 988.



Strong Families

Most people want caring relationships—and there are universal things that can help build strengths.

- ✓ Notice what happens in your body when you are feeling upset, out of control, or angry.
- ✓ Do something to help you pause and slow down.
- ✓ Go for a walk, splash cold water on your face, take deep breaths, treat yourself kindly as you offer compassion toward others.

Find support within your community, friends, family.

Your Health

There are simple things you can do to help support yourself to heal and feel strong:

- ✓ Stretch and take a deep breath. Help your muscles and connect with your body, mind, and spirit.
- ✓ Talk to a friend and tell them that you care about them.
- ✓ Grow a garden in your home and connect with nature.
- ✓ Listen to a song you like or read a phrase that encourages you.

Friends Need Support Too

Everyone struggles at one time or another.

- ✓ Connecting with others can help make a difference.
- ✓ Let them know they aren't alone.
- ✓ Pass it on: "Hey, I've been there too. Someone gave this card to me and it gave me ideas about how to reach out for support."

When we help others it helps us too!



FuturesWithoutViolence.org

2-1-1 is a 24/7 confidential referral system to get connected to—food banks, substance use, mental health, parenting supports, childcare and help with relationships..

NATIONAL DOMESTIC VIOLENCE HOTLINE

has anonymous 24/7 help for both people who are being hurt and for those who cause hurt.

**www.Thehotline.org
1-800-799-SAFE**

**Text "Start" to 88788
TTY 1-800-787-3224**