

(TRANSLATION AMHARIC—ENGLISH)

PEACE IN THE HOME HELPLINE

1-888-847-7205
206-495-5256

Is Someone Hurting You?

Does your spouse, partner or family member:

- Shove, punch, choke or beat you?
- Insult or degrade you repeatedly?
- Hide or destroy important papers?
- Force you to have sex or rape you?
- Keep you from having access to the family's income?
- Isolate you from friends and family?
- Threaten to take your children away?

You have the right to be safe in your home and with the people closest to you. Domestic violence often gets worse unless you get help. If you are being abused, you can take control. There are plenty of people to help you.

If something in your relationship is bothering you and you want to speak to someone or get information, call the Peace in the Home Helpline at

1-888-847-7205, Extension 10
206-495-5256

Please press 10 for Amharic and Tigrinya. The call is free and the program is for non-English speaking people, regardless of your immigration status. Your call is confidential and anonymous. All services are free. There is no obligation.

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