

Caring Relationships, Healthy You

How are things feeling? Do my partner(s):

- Support me and respect my choices?
- Support me in spending time with friends or family?

Do I:

- Feel comfortable talking about my feelings, sex, and other important things with my partner(s)?
- Support my partner(s), their independence, and their identities?

Ask yourself: Do I have concerns about the way I am being treated? about how I am treating my partner(s)? Unhealthy relationships can impact our health.

Do you or your partner:

- Use guilt or jealousy to influence what the other person does or who they see?
- Put the other person down or make them feel bad about themselves?
- Threaten to out the other's gender identity, sexual orientation, HIV status or immigration status?
- Refuse to recognize the other person's name, pronoun, or identity?
- Control the other's money or spending freedom?
- Restrict the other's access to medication or healthcare?
- Pressure the other person to do something sexual?

Actions like these can be harmful for your emotional and physical health. Help is available.

Is your relationship affecting your health?

- Do you often feel depressed, anxious or stressed? Is your relationship making it worse?
- Are you drinking, smoking, or using drugs more in order to cope?
- Do you have health issues that can be worsened by chronic stress?

You are not alone! Abuse occurs in all kinds of relationships.

You deserve to be in a relationship that is supportive and feels good. In addition to resources below, many people find support within their community: friends, family, coworkers, or neighbors.

A plan the works for you:

It can be helpful to talk with a trusted friend, advocate, or health provider about:

- Ideas for increasing your safety and support,
- Taking care of your health and wellbeing,
- How to support a friend who may be experiencing abuse.

Confidential and free chat, text, call line provides support 24/7:

thehotline.org

text "START" to 88788

800-799-SAFE (7233)

TTY: 800-787-3224



Free, anonymous safety aid:
myplanapp.org

Low cost healthcare and sexual health information: bedsider.org