

Surviving to Thriving

Abuse is never okay and it is never your fault.
You deserve to feel safe and to be respected in all of your relationships.

Abuse is about having power and control over another person.
Abuse is serious and comes in many forms. Some forms of abuse include physical violence, sexual violence, economic control, threats/coercion, intimidation, isolating you from friends and family, or making you question your own experiences.

If you are experiencing abuse – support is available. You are not alone.



More information on relationships, boundaries, dating, and safety available at loveisrespect.org

Need Immediate Support?

National Domestic Violence Hotline available 24/7 at TheHotline.org or by calling [800-799-7233](tel:800-799-7233).

RAINN available 24/7 for survivors of sexual violence. Visit RAINN.org or by call [800-656-4673](tel:800-656-4673).

National Human Trafficking Hotline available by calling [1-800-373-7888](tel:1-800-373-7888).

Behavioral Health Response (BHR) is a St. Louis-based hotline where you can get immediate mental health support.
BHRSTL.org or call [800-811-4760](tel:800-811-4760).

Resources and Support

MO & IL Resources:

Safe Connections - call [314-531-2003](tel:314-531-2003) or visit SafeConnections.org

Alternatives to Living in Violent Environments (ALIVE) – call [314-993-2777](tel:314-993-2777) or visit aliveSTL.org

Call for Help – callforhelpinc.org – Sexual Assault Crisis Line: [618-397-0975](tel:618-397-0975)

National Resources:

YWCA – ywca.org – the largest network of domestic and sexual violence service providers in the nation