

VIOLENCE/ABUSE

Everybody gets angry sometimes, but there are times when some people get so angry that they totally lose control. They may throw things, punch the wall, or hit somebody. They may even be sorry afterward. If you, a family member or a friend has been beaten up, or your own behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!**

WARNING SIGNS OF ABUSE

The following are some of the actions and physical signs that are considered abuse:

ABUSIVE ACTIONS

- Punching, kicking, or beating
- Burning, choking, or suffocation
- Confinement, or restraint with rope, wire, cord, etc.
- Mental injury such as ridicule, harassment, and belittlement

PHYSICAL SIGNS OF ABUSE

- Bruises, burns, welts, or broken skin
- Cuts, punctures, or bites
- Bone or skull fractures or internal injuries

**If you or someone you're with is hurt or in danger,
get away and get help from a friend or neighbor.
Call 9-1-1 for police assistance.**

If there is no emergency but you are afraid of being hurt by a friend or family member, talk about it with someone you trust. It is common to have mixed feelings about someone who is violent towards you. Talk to someone who will believe you. It helps.

If you try talking about it but it doesn't seem to take care of the problem, call for help:

The Women's Community **.842-5663**
or, 24 hrs. a day **.842-7323**

Long-distance callers may call toll-free. . . (888) 665-1234

Offers one-on-one and group support for the victims of both emotional and physical violence.

If there are times when you feel like you're losing control, and are at risk for becoming violent, you can learn good ways to deal with stress, tension and anger through counseling.

For information about counseling programs in Marathon County, that specialize in helping teens, call:

United Way's 2-1-1* *dial 2-1-1 or 848-2255 any time day or night

Offers information & referral to community services that can help based on your ability to pay.

Or, access our website at: www.unitedwaymc.org/211.htm.

Click at SEARCH ONLINE, then click on "C" and click on the type of COUNSELING you're looking for.