



A BROKEN HEART.
A BROKEN SPIRIT.

(CALL BEFORE HE BREAKS ANYTHING ELSE.)

If something about your relationship makes you afraid, break your silence
and make the call that has helped thousands of Texans get safe.
Abuse is never okay. You don't have to be silent. You're not alone.

NATIONAL DOMESTIC VIOLENCE HOTLINE

BREAK THE SILENCE
MAKE THE CALL

1-800-799-SAFE

(TTY: 1-800-787-3224)

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**HER BRUISES ARE HIDDEN.
HER SCARS RUN DEEP.
(SHE'S DETERMINED NOT TO BE BROKEN.)**



If you're experiencing abuse of any kind, you don't have to stay silent. You can make the call that has helped thousands of Texans get safe. Your abuse is not your fault. Talk to someone before it goes any further.

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**TOGETHER, THEY BROKE FREE
FROM AN ABUSIVE RELATIONSHIP.**

(WHEN SHE BROKE HER SILENCE, SHE BROKE THE CYCLE.)



Breaking free from abuse doesn't mean breaking away from your kids. Thousands of Texans have made the call that has helped them get safe. You can too.

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**CALL BEFORE YOUR
SPIRIT IS BROKEN, TOO.**

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**BREAK THE SILENCE
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**NO MORE BROKEN PROMISES.
OR BONES.**

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**BREAK THE SILENCE
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YOU DON'T HAVE TO SHUT UP.

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