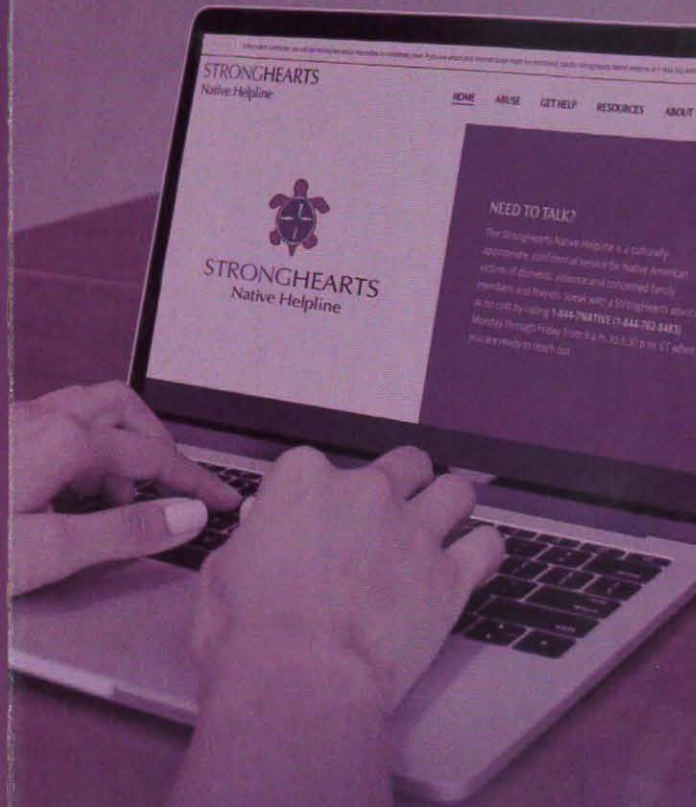




More than **4 in 5**  
Native Americans have  
experienced violence in  
their lifetime.



More than **1 in 2 women**  
and **1 in 3 men** have  
experienced physical  
violence by intimate  
partners in their lifetime.



Visit **[strongheartshelpline.org](http://strongheartshelpline.org)**  
for more information about domestic  
violence and dating violence,  
getting help and staying safe.



*This project was supported by Grant Number 96EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.*



**STRONGHEARTS**  
Native Helpline

Trust. Speak. Heal. Together.  
**1-844-7NATIVE (1-844-762-8483)**



## Domestic Violence, Defined

Domestic violence is a **pattern of behavior within a relationship that is used to gain or maintain power and control over an intimate partner.**

It can happen in relationships where couples are married, living together, dating or have a child together.

### Does your partner ever...

- Call you names or put you down?
- Keep you from seeing or talking to family or friends?
- Push you, slap you, strangle you or hit you?
- Threaten to hurt or take away your children?
- Prevent you from honoring your beliefs?
- Control the money in the relationship?
- Prevent you from working or going to school?

**If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship.**

## Who We Are

Established in 2017, the **StrongHearts Native Helpline** is a culturally-appropriate, confidential service for Native Americans affected by domestic violence and dating violence. We take calls from Native American victims of domestic violence or dating violence, people who identify as abusive, or from anyone seeking help for someone else.

Knowledgeable advocates with a strong understanding of American Indian and Alaska Native cultures, as well as issues of tribal sovereignty and law, are available by phone Monday through Friday from 9 a.m. to 5:30 p.m. CST at **1-844-7NATIVE** (1-844-762-8483). Callers after hours will have the option to connect with the National Domestic Violence Hotline or to call back the next business day.

StrongHearts is a partnered effort, combining the technology and infrastructure of the National Domestic Violence Hotline with the National Indigenous Women's Resource Center's expertise and community connections with Native advocacy groups.

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

## What We Do

Our services are completely free and confidential. We offer:

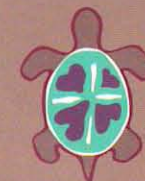
- *Immediate support*
- *Crisis intervention*
- *Personalized safety planning*
- *Referrals to culturally-appropriate services*
- *Domestic violence education and information*

Domestic violence and dating violence can happen to anyone belonging to any tribe and are not limited to any age, class, religion, gender or sexual orientation.

**If you or someone you know is in an abusive relationship, call StrongHearts at 1-844-7NATIVE (1-844-762-8483) Monday through Friday from 9 a.m. to 5:30 p.m. CST for support.**

**1-844-7NATIVE**

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)



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