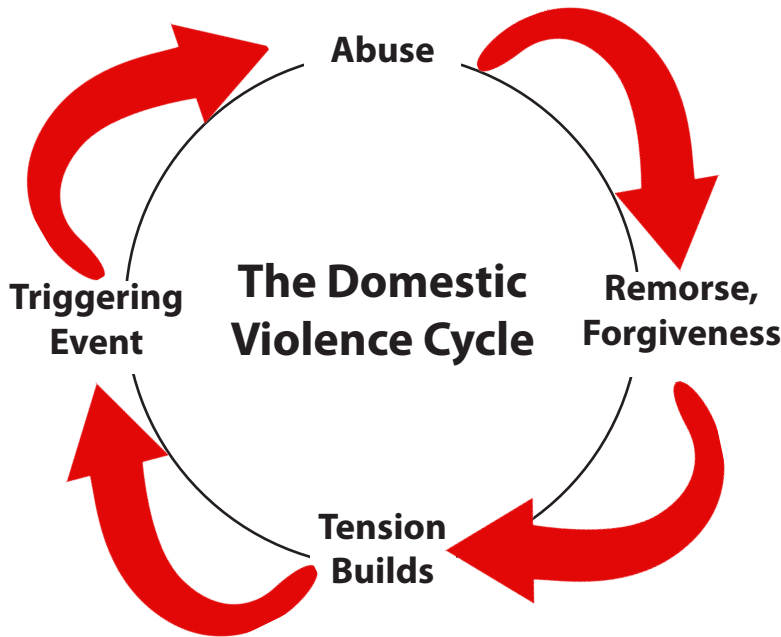




DIOCESE OF MANCHESTER
catholicnh.org/gethelp

Are you in an abusive relationship?

You're not alone, there is help for you.



Nearly 75% of men who abuse their partners also abuse their children. Many times they are forced to witness the abuse. Children who grow up in abusive households are more likely to perpetuate the cycle of violence.

**Make a safety plan.
Contact a local shelter.
It's not your fault.**

24-hour hotline

1-866-644-3574

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