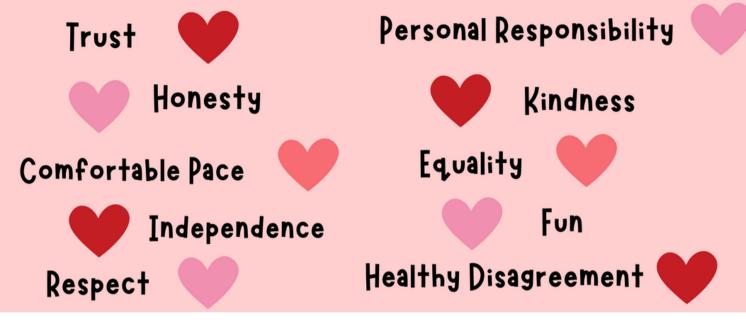
Signs of a Healthy Relationship



Signs of a Unhealthy Relationship



S.A.F.E Conflict

STAY calm—
This might mean taking some deep breaths before speaking or even walking away and returning later with a clearer mind.

ASK questions - Asking clarifying questions can help both partners gain a better understanding of the situation.

FIND out FEELINGS—

take some time to determine and express your own
feelings and allow time and space for your partner to
do the same.

EXCHANGE ideas for a solution— together, work to find a solution you are both happy with.

Available Resources

National Dating Abuse Helpline: 1-866-331-9474

National Domestic Violence Hotline: 1.800.799.SAFE (7233)

Love is Respect: Text "LOVEIS" to 22522

A 24/7 online chat feature or you can text

SARC Maryland: 24/7 helpline, call 410-836-8430

(based in Harford County)

Maryland Network Against Domestic Violence: mnadv.org

National Suicide and Crisis Lifeline— call or text 988

