



LOVE SHOULD FEEL SAFE

You deserve safety in all your relationships.

As we grow up, the lessons we learn about love can be confusing or misguided. Sometimes it can be difficult to tell which behaviors in a relationship are healthy or unhealthy, or even abusive. The bottom line is – healthy relationships feel safe.

Here are 10 signs of a healthy connection*:

- Comfortable pace
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Taking responsibility
- Healthy conflict
- Fun



**St Peter's
Crime Victim Services**

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

When is the right time to get help?*

There is never a wrong time to reach out for help. Our services are always available, no matter how long ago abuse or violence occurred in a relationship.

At any point in a relationship, it's important to trust your gut if you notice a red flag. This could include disrespectful comments or jokes, feeling unsafe to bring something up, or even feeling like you're not allowed to have time to yourself.

**Adopted from Love is Respect*

Getting Connected with Support

Our team provides **free and confidential** help to survivors of all types of crime, as well as supporting the survivor's loved ones. Through the "mature minor" doctrine, people ages 12-17 can consent to receiving our services on their own, without an adult.

Our services include:

- Individual counseling/therapy
- Support groups
- A 24/7 crisis hotline
- Advocacy in the court process
- Advocacy at the hospital
- Forensic medical care
- Assistance applying for financial compensation

If you are interested in counseling or advocacy services, your first step is a brief intake call. To schedule an intake for services, please leave a confidential message at

ALHSSACVAPintake@sphp.com

or call **(518) 271-3410**.

24-Hour Hotline: 518-271-3257