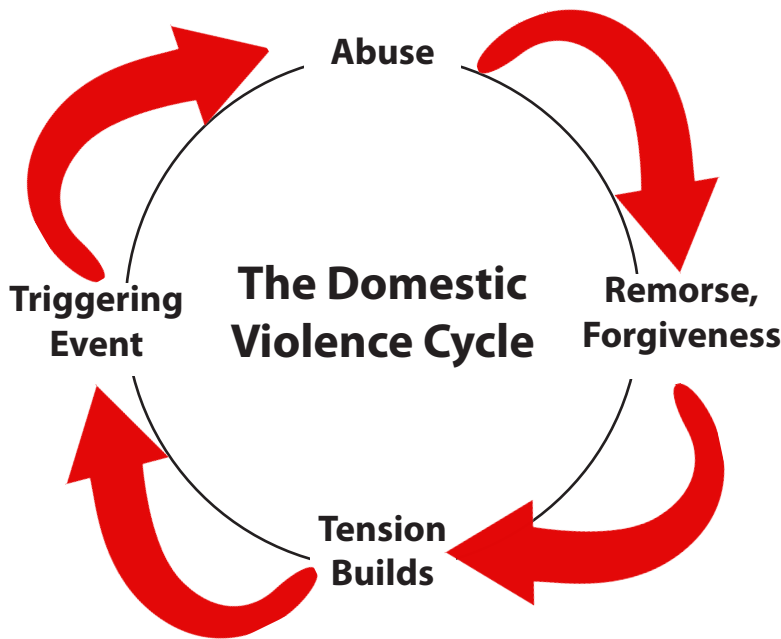




DIOCESE OF MANCHESTER
catholicnh.org/gethelp

Are you in an abusive relationship?

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



We often think of women and children as victims of abuse, however, men can also be victims suffering physical, mental and sexual abuse. Male victims of domestic violence often deal with intense self-doubt and anxiety before reaching out for help.

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

24-hour hotline

1-866-644-3574

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp

Help Hotline

1-866-644-3574

catholicnh.org/gethelp