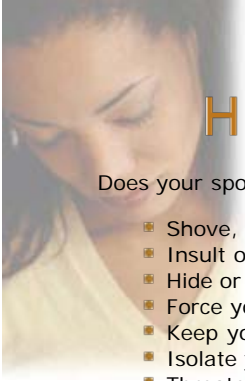




Taking Action & Getting Help | Hotlines, Shelters & Advocates | Planning Ahead & Keeping Safe | Find Out More About Domestic Violence



Is Someone Hurting You?

Does your spouse, partner or family member:

- Shove, punch, choke or beat you?
- Insult or degrade you repeatedly?
- Hide or destroy important papers?
- Force you to have sex or rape you?
- Keep you from having access to the family's income?
- Isolate you from friends and family?
- Threaten to take your children away?
- Threaten to hurt or deport you or your children?

You have the right to be safe in your home and with the people closest to you.

Domestic violence often gets worse unless you get help.

If you are being abused, you can take control. There are plenty of people to help you.

- [Taking action and getting help](#)
- [Planning ahead to make yourself safe](#)
- [Find out more about domestic violence](#)

Safety Alert:

Computer use can be monitored. It is impossible to completely hide your messages and the websites you have looked at. If you are afraid that your computer usage might be monitored, please use a safer computer, [call your local hotline](#), or call the National Domestic Violence Hotline at (1-800-799-SAFE).

Peace in the Home Helpline 1-888-847-7205

The toll-free Peace in the Home Helpline offers one-call access that connects limited-English speaking domestic violence victims to a community-based agency in the Seattle-King County area that can serve their language and service needs. Callers can get help in 14 languages: Amharic, Chinese, Japanese, Khmer, Lao, Russian, Romanian, Somali, Spanish, Tagalog, Thai, Tigrigna, Ukrainian, and Vietnamese. For more info contact: peaceinthehome@seattle.gov

[당신은 고통속에서 살고 있습니까?](#)

당신은 가정 안에서 안전하게 지낼 권리가 있습니다. [여기](#)를 누르면 가정 내 폭력에 대해 대처할수 있는 정보와 당신의 안전을 책임질 도움의 손길들과 연결이 됩니다.

(Korean)

[Có ai làm tổn thương đến bạn không?](#)

Bạn có quyền được sự an toàn trong nhà. [Bấm vào đây](#) để biết thêm tin tức của những người có thể giúp bạn và làm sao về bạo lực trong gia đình.

(Vietnamese)

[Вас кто-то обижает?](#)

У Вас есть право быть в безопасности, находясь у себя дома. [Нажмите здесь](#) для информации на русском языке о людях, которые могут Вам помочь, и что делать с Домашним Насилием.

(Russian)

[Mayroon bang nananakit sa iyo?](#)

Karapatan mong maging ligtas sa inyong tahanan. [Pindutin dito](#) Para sa mga impormasyon sa salitang Tagalog kung saan mayroong mga taong makakatulong at nakakaalam kung ano ang mga pamamaraan tungkol sa karahasang domestiko.

(Tagalog)

[Qof Miyuu ku Waxyeey-laynavaa?](#)

Waxaad xaq u leedahay in aad gurigaaga nabad ku ahaatid. [Riix Halkan](#) ka wareyso (magaca luqadaada) iyo dadka ku caawinayo, ama wixii aad samayn lahayd Rabshada arimaha gudaha ee Qoyska.

(Somali)

[有人傷害你嗎？\[中文\]](#)

在自己家中，你有權利感到安全。 [按此處](#) 獲得更多關於[中文]家庭暴力和尋求幫助的資料。

(Chinese)

[¿Alguien la está lastimando?](#)

Tiene derecho a sentirse segura en su hogar. [Presione aquí](#) para información sobre la persona que puede ayudarla, y qué puede hacer sobre su caso de violencia doméstica

(Spanish)

[የሆነ ሰው እየጎዳዎት ነው?](#)

በቤትዎ ውስጥ በሰላም የመኖር መብት አለዎት፤ ስለ ሴት ውስጥ ግጭት/ሁከት እና ስለ ሚረዳዎ ሰዎች የበለጠ መረጃ ግኛ ማወቅ ከረገዱ እዚህ ይጎብኙ

(Amharic)

[តើនរណាម្នាក់កំពុងធ្វើឱ្យអ្នកឈឺចាប់?](#)

អ្នកមានសិទ្ធិរស់នៅក្នុងផ្ទះរបស់អ្នកដោយសុវត្ថិភាព។ ចុចត្រង់នេះ ដើម្បីព័ត៌មានជូនភាសា (ខ្មែរ ខ្មែរភាសា) អំពីមនុស្សដែលអាចជួយអ្នក និងអំពីតើត្រូវធ្វើដូចម្តេច ចំពោះអំពើហិង្សាក្នុងគ្រួសារ។

(Khmer)

[ਕੀ ਕੋਈ ਤੁਹਾਨੂੰ ਚੇਟ ਪਹੁੰਚਾ ਰਿਹਾ ਹੈ?](#)

ਤੁਹਾਡੇ ਕੋਲ ਅਪਣੇ ਘਰ ਅੰਦਰ ਸੁਰੱਖਿਅਤ ਰਹਿਣ ਦਾ ਅਧਿਕਾਰ ਹੈ। ਘਰੇਲੂ ਹਿੰਸਾ ਬਾਰੇ ਕੀ ਕੀਤਾ ਜਾਵੇ ਅਤੇ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਬਾਰੇ ਪੰਜਾਬੀ ਵਿੱਚ ਜਾਣਕਾਰੀ ਲੈਣ ਵਾਸਤੇ, ਜੇ ਤੁਹਾਡੀ ਮਦਦ ਕਰ ਸਕਦੇ ਹਨ [ਏਥੇ](#) ਕਲਿੱਕ ਕਰੋ।

(Punjabi)

<p>क्या कोई आपको घोट पहुंचा रहा है?</p> <p>आपको अपने घर में सुरक्षित रहने का अधिकार है। हिंदी में यह जानकारी पाने के लिए कि कौन लोग आपकी मदद कर सकते हैं, और घरेलू हिंसा के बारे में क्या करें, यहां क्लिक करें।</p> <p>(Hindi)</p>	<p>هل يزدنيك أي أحد؟</p> <p>حق لك الشعور بالأمان في منزلك. انقر هنا للحصول على معلومات بلغة [اللغة] حول الأشخاص الذين بإمكانهم مساعدتك وما يمكنك فعله بشأن العنف المنزلي.</p> <p>(Arabic)</p>
<p>ມີຜູ້ໃດໜຶ່ງປຸ້ນເຮັດໃຫ້ທ່ານເຈັບປວດ?</p> <p>ທ່ານມີສິດເປັນຜູ້ປອດໄພໃນບ້ານຂອງທ່ານ. ໃຫ້ເຖົ້າຮູ້ຢູ່ນີ້</p> <p>ເພື່ອຂາດຂໍ້ມູນເປັນພາສາ ລາວ</p> <p>ດ້ານຜູ້ສາມາດຊ່ວຍທ່ານ, ແລະຈາກເຮັດແນວໃດໃນເຂື່ອງຄວາມຮຸນແຮງໃນຄອບຄົວນີ້.</p> <p>(Lao)</p>	

[Taking Action & Getting Help](#) | [Hotlines, Shelters & Advocates](#) | [Planning Ahead & Keeping Safe](#)
[Find Out More About Domestic Violence](#) | [About Us](#) | [Privacy Policy](#)