



# How to Get Help

**Samaritan CrisisCare**  
937.224.4646  
www.sbhihelp.org

**Artemis Center, Dayton's  
Domestic Violence Resource  
Agency**  
Hotline: 937.461.4357

**Call 911** if you are in immediate danger or to report relationship violence

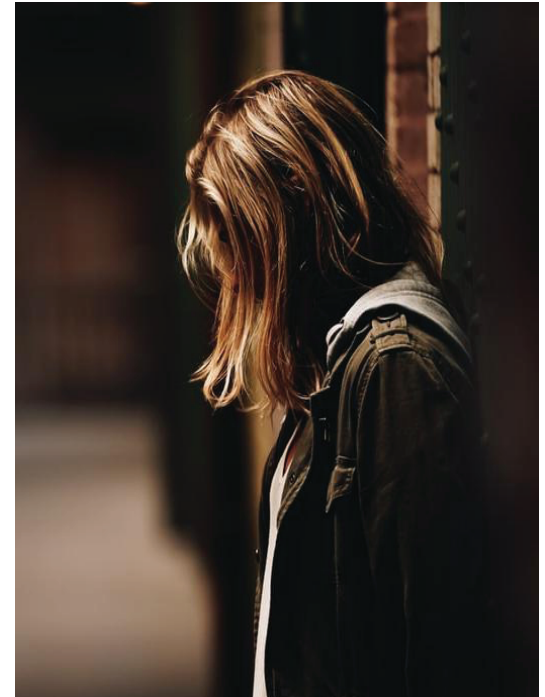
For more information on relationship and other important topics visit:  
[www.chooserespect.org](http://www.chooserespect.org)

**GetHelpNow Montgomery County**  
Download app from App Store or Google Play to find addiction, mental health services and more.

**Suicide Prevention Hotline**  
1-800 – 273-8255



601 S. Edwin C. Moses Blvd.  
Dayton, OH 45417



# You are not alone...

Service Provided by  
Samaritan Behavioral Health, Inc.  
and funded by the  
Montgomery County Alcohol, Drug Addiction  
and Mental Health Services Board  
and  
Catholic Health Initiatives



## Do you feel...

- Like you are being mistreated?
- Like you are experiencing abuse in a relationship?
- Worried for a friend?
- Like you need help but do not know how to get it?

## What is a HEALTHY relationship?

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*Any relationship that you are in will affect your relationships later in life...*

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**Is your relationship healthy? Check to see whether the following 11 qualities exist in yours...**

### **Mutual Respect**

Valuing your partner and understanding and respecting their boundaries

### **Trust**

Believing in and having faith in one another's actions and choices

### **Honesty**

Telling the truth even when it is difficult

### **Compromise**

Acknowledging differences and being willing to consider others needs  
A relationship is about giving and taking

### **Individuality**

Maintaining your own sense of self and not changing your identity to satisfy a partner

## **Good Communication**

Speaking honestly and openly to avoid misunderstandings

### **Anger Control**

Understanding that anger is a valid feeling, but practicing to express it in a healthy way such as taking deep breaths, counting to 10, or discussing it with a partner

### **Problem Solving**

Learning to think before acting and identifying safe and healthy solutions to solving difficult problems

### **Understanding**

Attempting to recognize how your partner may perceive a situation and putting yourself in their shoes

### **Self-Confidence**

A positive relationship with yourself is the first step to a healthy relationship with others. You must accept yourself before you can expect someone else to accept you

### **Being a Role Model**

Modeling respect and inspiring your partner to do so as well

## What is an UNHEALTHY Relationship?

*Relationships can be hard work. It is normal to have ups and downs, but there are some things that just do not belong in a healthy relationship and that you should not put up with such as being...*

- Put down
- Yelled at
- Shoved
- Controlled
- Ignored
- Embarrassed in front of others
- Afraid of your significant other

