

◆ END SILENCE ◆

If You've Been Hurt... What To Do Next

Take one step. That's all you need right now.

◆ Ensure Your Safety <

- ✓ Get to a safe place.
- ✓ Call someone you trust.

In Immediate Danger? GO NOW - GET HELP NOW! <

◆ Document Everything <

- ✓ Write down what happened.
- ✓ Take photos of injuries or evidence.
- ✓ Save texts, emails, or messages.

◆ Protect Yourself <

- ✓ Secure important documents.
- ✓ Change passwords.
- ✓ Seek legal advice if needed.

◆ Don't Minimize It <

- ✓ It's not your fault.
- ✓ You are not alone.
- ✓ "That's not truth—that's fear trying to silence you."



*You deserve to be safe.
You are not crazy,
You are worthy of love.*



Patchwork Universe

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