Finding Safety and Support

at Boston Medical Center

Are you in a relationship (current or past) with someone who is hurting you, controlling you, or making you afraid?

If so, there is help available.

BMC Safety & Support Advocates
are here to help patients and employees who could benefit from having someone to talk to. If we are not available when it's convenient for you, you can call and make an appointment, or you can call one of the hotlines listed below.

An advocate can help you think about <u>safety</u>. Together we can:

- Consider any risks you face in your current situation, strengthening your efforts to protect yourself and others.
- Identify options and strategies to increase your safety, based on what's most important to you.

An advocate can <u>support</u> you by:

- Listening and understanding what you are going through.
- Helping you to find resources for things like food, housing, child/elder care, and other necessities.
- Connecting you with specialized assistance for legal matters and other complex issues.
- Focusing on your goals without judging you or telling you what to do.

Services are free, voluntary, and confidential.

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BMC Safety and Support 617-414-5457
SafeLink 24 hr Hotline 877-785-2020
National 24 hr Hotline 800-799-7233
www.thehotline.org

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