

## Call for help now

You and your baby can get help and support now. All these hotlines are toll-free and open 24 hours a day, seven days a week.

- Oregon Women's Crisis Line, **1-888-235-5333**
- Oregon shelters and services, [www.ocadsv.com/OCADSV\\_SheltersAndServices\\_ServicesInYourArea.asp](http://www.ocadsv.com/OCADSV_SheltersAndServices_ServicesInYourArea.asp)
- National Domestic Violence Hotline, **1-800-799-SAFE (7233)** and **1-800-787-3224 (TTY)**

Counselors who speak Spanish and more than 170 other languages are there to help you. Counselors provide crisis advice and referrals.

You'll hear a recording and may have to wait. If you want, they will transfer you to shelters near you and mail you confidential information.

- National Sexual Assault Hotline, **1-800-656-4673**. You'll hear a menu of choices. Press 1 to talk to a counselor near you.



**CareOregon**

315 SW Fifth Ave., Suite 900  
Portland, OR 97204  
503-416-4100 or  
toll-free 1-800-224-4840  
TTY/TDD 1-800-735-2900  
[www.careoregon.org](http://www.careoregon.org)

# Keeping You and Your Baby Safe



**CareOregon**

*better together*



## **It's hard to be excited about a new life growing inside you if you're afraid of your partner.**

Abuse from a partner can begin or increase during pregnancy, and can harm you and your unborn baby. Women who are abused often don't get the care they and their babies need before birth.

Abuse from a partner can cause babies to be born early and weigh less than they should.

If you are abused, you might use alcohol, cigarettes or drugs to help you cope. This can hurt you and your baby.

### **Do you think that a new baby will help your situation?**

A baby brings stress to people and relationships. Think about the safety and well-being of you and your baby. About 50 percent of men who abuse their wives and partners also abuse their children.

### **What kind of home do you want for your baby?**

Studies show that children who see or experience violence at home may have long-term physical, emotional and social problems. They are more likely to be victims of violence or commit violence.

### **You and your baby can get help and support now**

Prenatal exams are a good chance to ask for help. You can take control and leave an abusive partner. Talk to your doctor about information you need to take action now.