



HEALTHY
EMOTIONS &
ATTITUDES *in*
RELATIONSHIPS
TODAY



HEART CHAT LINE

STEP 1: Visit our teen website, laurashouse.org/lhteen to chat with an advocate online or text “HEART” to 949-484-8440. You can also get help by sending an email to heartchat@laurashouse.org.

STEP 2: Receive a reply with answers to your questions and next steps.

STEP 3: Connect with Laura’s House advocates/counselors to address your concerns.

STEP 4: You are on your way to a healthier relationship!


IT’S FREE AND CONFIDENTIAL

ARE YOU IN A HEALTHY RELATIONSHIP?

Does your partner:

- Keep tabs on you or check up on you?
- Threaten or scare you?
- Isolate you from friends/family?
- Make you feel bad or sad?
- Hurt you?
- Exhibit jealousy?
- Try to make you do things you don't want to do?

If you answered YES to any of these questions, contact our Advocates today through Heart Chat. Text "**HEART**" to **949-484-8440** for SMS or IM. You can also email: **heartchat@laurashouse.org**.

 @laurashouseheart
laurashouse.org/lhteen

LAURA'S  **HOUSE**

Inspiring Hope and Empowering Change to End Domestic Violence