

## Who Needs Help?

We all need help sometimes. An accident, illness or other emergency can signal a time to reach out. Life changes can create special needs. Sometimes day to day living becomes just too much to handle. One thing is certain: at one time or another, everyone needs help.

### Asking ... the Hardest Part

It takes courage to ask for help. You show your courage when you overcome false ideas such as, "I should be able to take care of everything myself," or "there's no point asking. There really isn't anything anyone can do." Just by thinking about asking, you are taking the first step – admitting that you need help

## What do I do if I need help?

1. **Call** a friend or family member who will give you emotional support.
2. **Go** to the hospital immediately for treatment of any injuries and for tests.
3. **Seek** counseling.

Domestic Violence Program  
826 Memorial Suite #205  
Murfreesboro, TN 37129

Tel: (615)896-7377  
24-hour crisis line  
(615)896-2012



The Domestic Violence Program is partially funded by the State of Tennessee and the United Way

Partially funded by the State of Tennessee through the office of Criminal Justice Programs.

Domestic Violence Program

*Because...Love shouldn't hurt.*

## Counseling

*Do you need someone that will listen?*

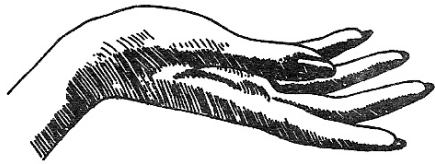
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We Can Help.

*Do you need to talk please  
call and ask for  
one of our counselors.  
Our can help you with  
*Domestic & Rape/Sexual  
Abuse.**



Office 494-9881

Counselor on site  
Monday – Friday  
9:00 – 6:00

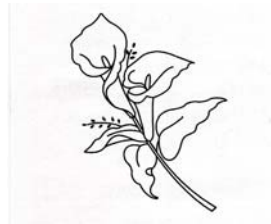
Support Group  
Every Thursday  
6:30 – 7:30

Or

Call our crisis hot-line  
24 hours  
896-2012

Free of cost  
**About Domestic  
Violence  
Survivors: Power  
of Being Free**

Women of every walk of life, level of education, and spiritual upbringing have experienced abuse from the men that "love" them. This group is for the women who may be currently experiencing abuse, have left the abuser, and are putting their lives back together. Women who have moved on successfully and who may feel helpless can come together through support, sharing of resources and friendship.



Let us help you  
building your  
Self-Esteem

**Creating Positive  
Self-Esteem**

- 🎀 Look at your strengths
- 🎀 Identify your weaknesses
- 🎀 Make changes to feel better
- 🎀 Focus on your good qualities
- 🎀 People can help
- 🎀 Set yourself up for success
- 🎀 Be your own best friend

**What is  
Self-Esteem?**

Self-esteem is how we feel about ourselves; it is how we see ourselves when we look in the mirror. It affects every aspect of our lives how we think, how we act and feel, and how we relate to others.