



# Need someone to listen?

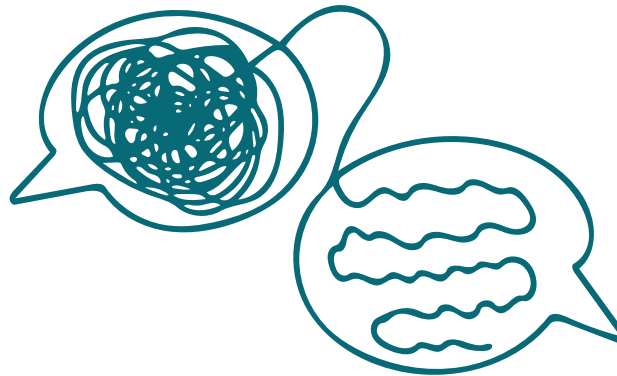


**Even if today's  
a good day...**

**If you're afraid tomorrow  
may not be, it's worth it to  
ask for help.**

**Counseling can help you  
make sense of things, form  
healthy relationships, and  
build the life you want.**

**It may also help advise you  
on how to support a loved  
one who is in trouble.**



**Nowhere private to  
talk on the phone?  
Check the last page for chat  
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## **Are you afraid of someone?**

**If anyone makes you feel afraid,  
stupid, worthless, or negative about  
yourself, something is wrong. But  
there is help.**

### **You're not alone.**

Around 1 in 3 people will experience an abusive or unhealthy relationship in their teens alone. Shame and fear of further violence often keeps survivors quiet, but it doesn't have to.

### **What if we're not dating?**

Violence from a romantic or sexual partner is common, but any relationship, casual or serious, familial or dating, can become unhealthy or abusive.

### **Not sure?**

Look out for these warning signs of an unhealthy relationship:

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### **Now what?**

Making a safety plan with a counselor can help you reach a better place and breathe easier.

## What if it's not working for me?

It may take a few tries to find a counselor who's a good fit for you. If meeting with them tends to leave you more stressed or upset than when you walked in or you feel like you're not making progress, it might be time to look around for another counselor.

## What if I'm under 19?

High schools and universities often have counselors available for their students.

Asking if you can see a counselor at your school is usually a good first step. If the first one you try isn't a good fit, you can ask to see someone else at your school.

In order to see a counselor outside of school in Nebraska, you must have a parent or guardian's permission if you are under age 19.

## Many counselors adjust their fees based on what you can pay, called "sliding-scale" payments.

## No transportation? No problem!

Many counselors allow "telehealth" appointments, where you talk over the phone or through a video call.

Counselors are licensed by individual states in the US, so seeing someone in Wyoming or Colorado is harder - you need to make sure they're licensed where you are.

On the upside, this means that it's easy to see someone in Grand Island, Kearney or Lincoln through telehealth. Just remember the time difference!



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If you're really struggling, especially if you're thinking of hurting yourself or someone else, there are ways you can call to talk to someone for free over the phone or online.

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EMPOWERING FAMILIES

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Building a healthier Panhandle

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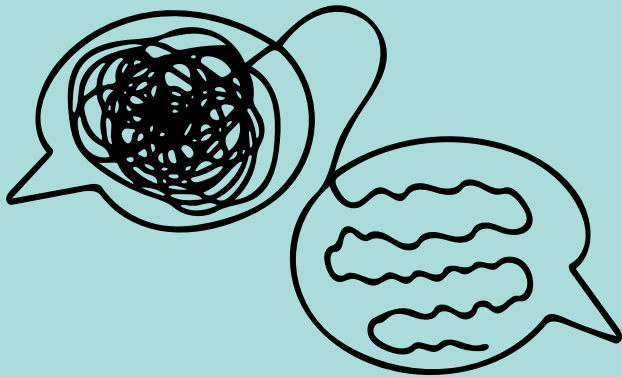


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# ¿Alguien te das miedo?

Si alguien te hace sentirte espantoso/a, estúpido/a, despreciable, o negativo/a anyone makes you feel afraid, stupid, worthless, or negative about yourself, something is wrong. But there is help.

## No eres la única persona quien siente así.

Alrededor de 1 de cada 3 personas tendrá una relación abusiva o malsana solamente cuando están adolescentes. La vergüenza y el miedo de mas violencia a menudo hacen que los sobrevivientes se callan, pero esto no tiene que ser.

## ¿Y si no estamos noviendo?

La violencia cometido por una pareja intima es común pero cualquiera relación, casual o seria, familiar o romántico, puede ponerse malsana o abusiva..

## ¿Más dudas?

Quédate atento/a a estos señales de una relación malsana:

- Se pone rabio/a, entonces cariñoso/a, entonces rabio/a, una y otra vez...
- Siempre esta chequeando para asegurarse donde estás
- Presionándote para que te tengas sexo, bebas alcohol o use drogas
- Lastimando o amenazando a lastimar a tú, otra persona, o una mascota
- Rompiendo tus bienes o amenazando a hacer esto
- Te maldice o insulta
- Te desalienta de salir de tu hogar, ver a amigos, o pasar tiempo con tu familia
- Amenaza suicidarse si tu le dejas o de otra manera culpándote de lo que eel/ella hace

## ¿Y ahora qué?

Hacer un plan de seguridad con un consejero puede ayudarte alcanza un lugar mejor y sentirte mas seguro/a.

# ¿Todavía tienes preguntas?

## The DOVES Program

Ofrece informacion sobre las relaciones saludables y ayuda que las personas en peligro de una pareja intima alcancen lugares de seguridad

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## Empowering Families

Fomentando la participación cívica y la integración de la comunidad en el condado de Scotts Bluff

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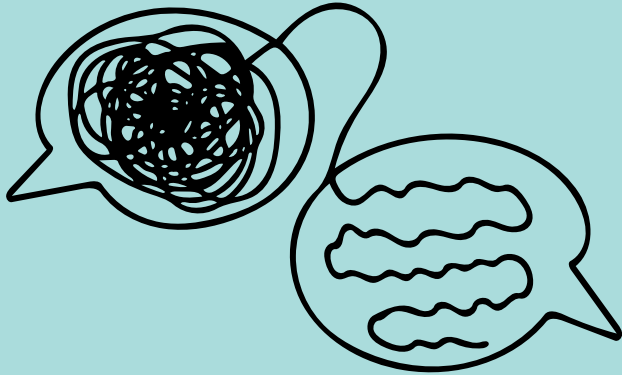


# Aun si hoy sea un buen día...

**Si tienes miedo que mañana no será así, vale la pena de pedir ayuda.**

**Consejería puede ayudarte dar sentido a cosas de que preocupes, formar relaciones sanas, y crear la vida que quieres.**

**También puede dar información sobre como puedes apoyar a alguien que esta en problemas.**



**¿No tienes un lugar privado para hablar por teléfono?**

**Chequea la ultima pagina para ver opciones de chat en linea.**

## ¿Qué debo hacer si no resulta efectivo?

A veces tarda tiempo encontrar a un consejero que te cae bien. Si ver a tu consejero tiende a dejarte sintiendo más alterado/a que antes o si él no respeta a tú y tu origen, quizás es mejor que busques a otra persona.

## ¿Y si soy menor de 19 años?

A menudo, secundarias y universidades tienen consejeros disponibles para sus estudiantes.

Primero, es una buena idea pedir ver a un otro consejero en tu escuela. Si esto no funciona, puede ver a otro consejero.

Para ver a un consejero afuera de tu escuela, necesitarás el permiso de un padre o tutor/a legal si eres menor de 19 años.

**Muchos consejeros ajustan sus costos, dependiendo de cuanto puedes pagar. Se llaman "sliding-scale payments."**

## ¿Ningún coche? ¡Ningún problema!

Muchos consejeros hacen citas de "telehealth," cuando se hablan por el teléfono o una videollamada.

Los consejeros en los EEUU son autorizados estado por estado, así que es mas difícil ver a alguien en Wyoming o Colorado. Necesitarías asegurarte que él tiene licencia donde estás físicamente.

Por el lado bueno, eso también significa que es fácil ver a un consejero en Grand Island, Kearney o Lincoln por telehealth. Pero ten en cuenta de la diferencia entre la hora de aquí y ahí.



## En caso de emergencia:

Si estas luchando mucho, especialmente si estas pensando en lastimarte o a otra persona, puedes llamar con alguien gratis por teléfono o chat en linea.

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**Thehotline.org** tiene una linea directa (**1.800.799.7233**), una opción de texto (text "**START**" to **88788**) y un chat en linea disponibles en su sitio de web, entre muchos recursos. Puedes hablar con ellos en mas de 140 idiomas por su "Language Line."

**Suicidepreventionlifeline.org** y **thehotline.org** ofrecen consejos sobre lo que puedes hacer si ves que un ser querido esta luchando o en peligro.

Escanear el código QR te traerá a una lista de los refugios de emergencia, ayuda legal, y otros recursos proveyendo por el Nebraska Coalition:



**Mereces vivir libre del miedo. Hay ayuda.**



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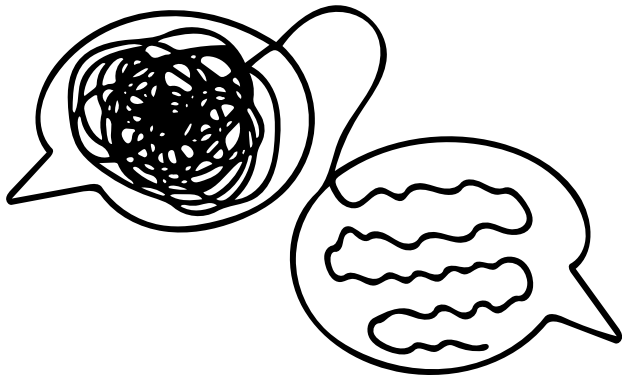


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