

WE CAN:

- Provide individual, couples, and/or family therapy
- Connect you with resources for you, your partner, and family
- Help establish safety in a way that feels right to you

We are here to meet with you privately, listen without judgment, assist you in finding a safe place to stay, or connect you with other needed services.

YOU CAN ALSO CALL:

**MA Safe Link
24-Hour Hotline:**
1-877-785-2020

**National Domestic
Violence 24-Hour Hotline:**
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
www.thehotline.org

THE SAFING CENTER

781-687-3998

**You are not alone!
We're here to help.**

The term **Safing** refers to the transition from combat readiness to a safe condition. This name signifies our commitment to assist Veterans and their loved ones in maintaining safety in relationships.

**Edith Nourse Rogers Memorial
Veterans Hospital**
Building 9, Rm 107C
200 Springs Rd
Bedford, MA 01730



**Overwhelmed
in your
relationship?**

YOU ARE NOT ALONE...

**Together, we can help you strengthen
your relationships.**

THE SAFING CENTER:
A recovery-oriented and
Veteran-centered program

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Edith Nourse Rogers Memorial Veterans Hospital

Bedford VA
200 SPRINGS ROAD
BEDFORD, MA 01730

Have you or your partner done any of the following:

- Use insults, put downs, caused feelings of shame or embarrassment?
- Controlled who can be seen or what can be done in a given day?
- Made unreasonable demands of you/your partner, or children?
- Threatened to harm in any way?
- Pushed, hit, or forced sex?
- Promised things would change, but they haven't?

Many factors can cause or worsen relationship distress:

- Deployments/post-deployment adjustment
- PTSD and depression
- Substance use
- Anger difficulties
- Communication difficulties
- Financial concerns
- Parenting/caregiving stress
- Infidelity

Feeling emotionally or physically unsafe in your relationship can:

- Affect your mood and health
- Lead to problems at work
- Affect your friendships and relationships with others
- Make it difficult to trust
- Lead to feelings of anger, fear, or hopelessness
- Get worse if you don't seek help
- Lead to difficulties for your children

If you answered "YES" to any of these questions, consider calling us.



781-687-3998

EVERYONE has the right to a **SAFE** and **HEALTHY** relationship