

*If you are not being treated with respect, you can find help!*



**We Do Have Choices!**



**STOP**

• Someone using your money without your approval.



Find someone you really trust: a friend, an advocate, a support group.



**STOP**

• Feeling alone and isolated.



Call a helping agency to find out what supports are available.



**STOP**

• Someone threatening or hurting you.



If your legal rights are involved, or if you have questions about your rights, contact legal aid or the police.



**STOP**

• Feeling like nobody cares.



If you prefer, call your Church and ask for their help.



**Don't Give Up!**

