

# HEALTHY RELATIONSHIPS



Healthy Relationships means caring about you and your partner's boundaries through respect, compassion, and fairness to grow into a safe and comfortable relationship.

A healthy relationship should make you feel valued and respected.

#### Ways to a healthy relationship:

- Take some time for yourself to pray, run, and be outdoors
- Encourage each other to try new things
- Spend time acknowledging and championing each other's efforts
- Respect each other's privacy
- Focus on your needs and goals
- Care and support each other through good and bad time.
- Inspire each other to grow
- Honor and respect each other's need for self-care

**If you are unsure whether you're in a unhealthy relationship, here are some resources that can help:**

#### Love is Respect

1-866-331-9474  
Text "Lovels" to 22522  
[www.loveisrespect.org/resources/love-is-digital/](http://www.loveisrespect.org/resources/love-is-digital/)

#### The National Domestic Violence Hotline:

1-800-787-3224  
[www.thehotline.org/](http://www.thehotline.org/)

#### Agora Crisis Center:

Albuquerque Area: 505-277-3013  
Toll-free Outside of Albuquerque: 855-505-4505  
National Lifeline: 800-273-TALK  
[www.agoracares.org](http://www.agoracares.org)

#### Rape Crisis Center

Hotline: 505-266-7711  
[Rapecrisiscnm.org](http://Rapecrisiscnm.org)

#### ICYC (In Case You're Curious)

Text PPNM to 57890



COALITION to STOP  
VIOLENCE AGAINST  
NATIVE WOMEN

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