

# Hyde County Hotline

24 Hour Crisis Line 252-925-2500

## Following Your Gut in a Relationship

The right partnership feels healthy. It feels good, without a lot of conflict, and doesn't feel like you're forcing it.

But how do you know that your relationship feels truly right for you? Trust your gut.

### Why Your Gut Knows

Intuition is a sudden, strong judgment you can't necessarily explain right away. Yet you pick up on facial cues, the tone of someone's voice, or a visual inconsistency. Plenty of times, the promise of a relationship holds up and keeps people going. But there are often small yet significant **warning signs**. Your body and mind help warn you about potentially violent situations and people so you can avoid harm.

It doesn't always present itself right away. Maybe someone is rude to a stranger, but you brush it off. Maybe they lost their temper, blamed you for a problem of theirs, or tried to cajole into hanging out instead of letting you have the night with your friends as planned. Maybe there is a growing feeling for a while that something is off. These warning signs, however, can grow and fester into something much worse.

Trusting your instincts helps keep you safe.

To read more, go to <http://www.breakthecycle.org/blog/following-your-gut-relationship>

"Alone we can do so little; together we can do so much."

Helen Keller

August 2014

BECOME A  
*Sponsor*

*4<sup>th</sup> Annual Winter Gala*

*December 6, 2014*

*Sponsorship Levels*

*\$1,000*

*\$700*

*\$350*

*Sponsor Tables \$800*

*(seats 8)*

*Tickets*

*Couples \$100*

*Individuals \$55*

**DOMESTIC VIOLENCE HOMICIDES IN NC from January 1 – July 9, 2014**

**31 Murders**

**[www.nccadv.org](http://www.nccadv.org)**

### *OUR MISSION:*

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and to provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

# Domestic violence leaves a mark on the whole family.



Living with violence at home can have profound emotional and physical consequences for children. Find a path to a safer future for you and your family. **There is help. There is hope. Contact us.**



Office for Victims of Crime  
**OVC**  
"Putting Victims First"

THE NATIONAL CENTER FOR  
**Victims of Crime**

www.ovc.org • 1-800-FBI-CALL

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## How you can help...

\*\*Ask how we can help you    \*\* Tell others about our services    \*\*Ask us about presentations

\*\*Donate to our Thrift Store – call us for pick-up of large items 252-925-2502

\*\*Monetary donations are accepted:

PO Box 335, Engelhard, NC 27824

(all donations are tax deductible)

We're on the Web!

Visit us at:

[www.hydecounthotline.org](http://www.hydecounthotline.org)



## Hyde Supply

Open Thursday and Friday 8:30 – 2:30

Open Saturday 8:30 – 2:30

Stop and Shop for the date of our next



# \$5 Bag Sale

Hyde Supply Thrift Store offers gently used, quality clothing, housewares, furniture, books, accessories and many other items to the public at low prices.

Abuse victims and their children often leave with literally only the clothes on their backs. The thrift stores are able to help an abused family quickly regain one of the basic needs of life that we so often take for granted and begin to restore some of the dignity stripped away by abuse.

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Volunteers Needed

We need YOU!

Contact us today!

Volunteers are vital to the organization's overall functioning and success.

Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities.

All proceeds from the Hyde Supply Thrift Store go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline upon request.



We are currently accepting donations for the 4<sup>th</sup> Annual Winter Gala Live and Silent Auction.

To donate, please call 252-925-2502.

Thank you for your support!