

# You can be in control of your life.



**I realized I needed help. So I asked for support—and now I feel unharmed and in control.**

Were you tricked into running away or leaving your home?

Did someone trap you in a job?

Is your job different from what you were promised?

Are you getting paid for all the work you do?

Are you forced or pressured to trade sex for money, or to have sex with people you don't want to?

Are you afraid to leave?

Is your ID or other documentation being held by someone else?

**These are all signs of human trafficking or other types of abuse. Talk to your physician or nurse, or ask to speak with a social worker now. You can learn more about your options—including long-term needs like housing, education, legal advice, and finding a job.**

National Human Trafficking Hotline

☎ 1-888-373-7888

HumanTraffickingHotline.org



Dignity Health.

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