

SIGNS OF AN ABUSIVE RELATIONSHIP

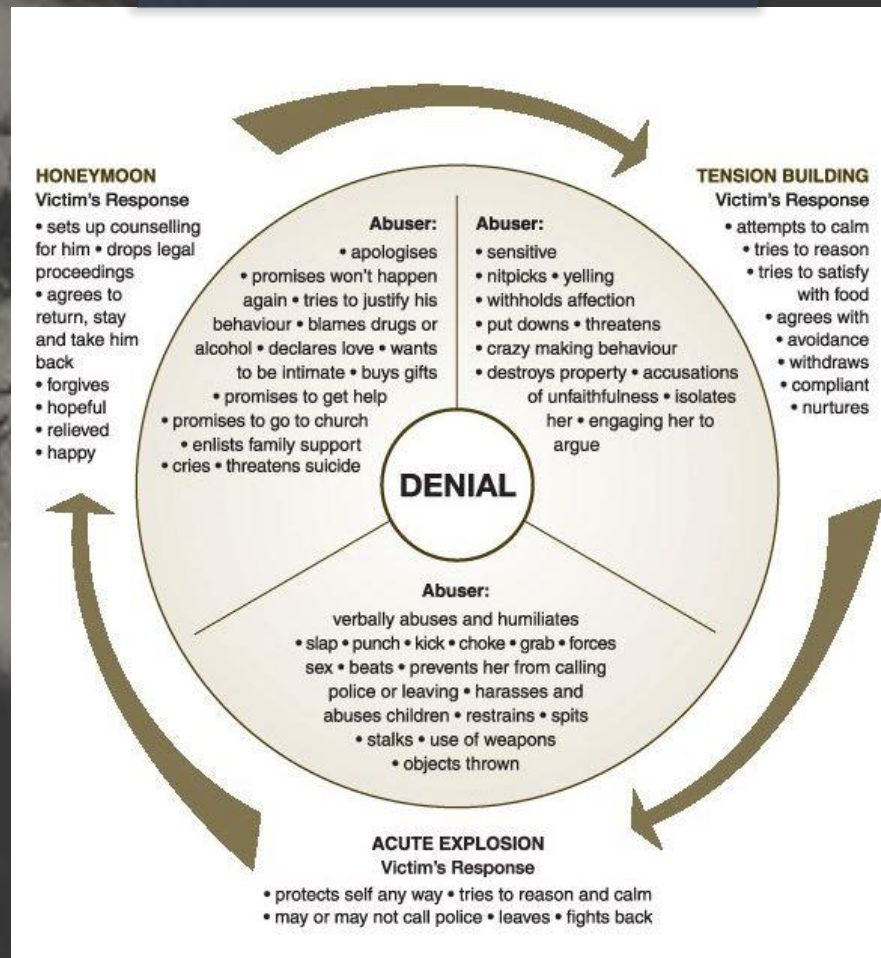
- unfairly and regularly accuses her of flirting or being unfaithful
- controls how she spends money
- decides what she wears or eats
- humiliates her in front of other people
- monitors what she is doing, including reading her emails and text messages
- discourages or prevents her from seeing friends and family
- threatens to hurt her, the children or pets
- physically assaults her (hitting, biting, slapping, kicking, pushing)
- yells at her
- threatens to use a weapon against her
- decides what she uses for birth control
- constantly criticises her intelligence, mental health and appearance

How to support someone you know

- try to understand her fears, her doubts, guilt or shame as well that the effect the cycle has on her rather than blame or judge
- break the isolation and maintain contact with her even if the abuser does everything to isolate her
- open the dialogue on her perception of the situation and never speak against the aggressor
- stay focused on her without ever making decisions in her place
- ask if she needs help from a support service and discuss her options if she requests it.



Violence and abuse can include emotional abuse, sexual abuse and financial abuse.



**If you are in immediate DANGER or
fear for your safety, please CALL 911.**

IF YOU WANT HELP, YOU ARE NOT ALONE

Find a Service in your Region

If you are not in immediate danger

- **BRITISH COLUMBIA**
VictimLinkBC: 1-800-563-0808
Women Against Violence Against Women:
604-255-6344 or 1-877-392-7583
- **ALBERTA**
Family violence info line: 310-1818
Alberta Council of Women's Shelter: 1-866-331-3933
- **SASKATCHEWAN**
Professional Health Advice and Mental Health support: 811
Interpersonal Violence and Abuse Unit: 306-787-2733
- **MANITOBA**
Klinic Crisis Line: 1-888-322-3019
Crisis line: 1-877-977-0007
- **ONTARIO**
Fem'aide: 1-877-336-2433
Victim Support Line: 1-888-579-2888
- **QUÉBEC**
S.O.S. violence conjugale : 1-800-363-9010
- **NEW BRUNSWICK**
Emergency Social Services: 1-800-442-9799
- **NOVA SCOTIA**
Provincial Victim Services Program: 1-888-470-0773
- **PRINCE EDWARD ISLAND**
Island Help Line: 1-800-218-2885
Anderson House Shelter crisis line: 1-800-240-9894
- **NEWFOUNDLAND AND LABRADOR**
Family Violence Prevention Services: 1-888-603-9100
RCMP: 1-800-709-7267



ENOUGH!