

24HR CRISIS HELP

Police Emergency	911
YWCA Crossroads	1-800-461-7656
Assaulted Women's Help Line	1-866-863-0511
From Bell Mobility phone	# SAFE (7233)
Peterborough Regional Health Centre	
Sexual Assault/Domestic Violence (<i>Ask for On Call RN</i>) ..	705-743-2121, ext. 0
Kawartha Sexual Assault Centre	1-866-298-7778
Kids Help Phone	1-800-668-6868
Children's Aid Society	1-800-661-2843
Victim Services (Ptbo & Northumberland)	1-800-822-7729

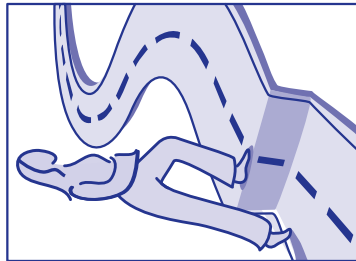
REMEMBER

**YOU ARE NOT ALONE.
ABUSE CAN HAPPEN TO ANYONE.
IT IS NOT YOUR FAULT.
YOU HAVE THE RIGHT TO BE SAFE.
HELP IS OUT THERE.**

For additional information, call Peterborough County-City Health Unit at 705-743-1000.
January 2014

ABUSED?

**THIS COULD
HELP YOU**



TAKE THE FIRST STEP

WHAT IS ABUSE?

Abuse is when someone tries to have power and control over you. It can be verbal, emotional, sexual, financial, or physical. It includes things like:

- ▶ name-calling, put-downs, insults, forced sex
- ▶ jealousy, keeping you from family/friends
- ▶ scaring you, threats of harm, stalking
- ▶ controlling money, food, physical care, medication
- ▶ neglect of an older person by family/caregiver
- ▶ pushing, shoving, hitting, kicking, punching

SAFETY PLAN: *here are things you can do...*

- ▶ If you are in danger now; go to a safe place, call the police; contact a women's shelter
- ▶ Tell someone you trust about the abuse
- ▶ Contact a women's shelter or the police. Ask for an officer who specializes in woman abuse cases. He/she can help you with safety planning.
- ▶ Gather all important papers and items: keep extra money, clothing, car/house keys, a few toys, medications, health card, SIN, bank and credit cards.
- ▶ Plan where to go in an emergency, and teach your children how to get help.
- ▶ Park your car by backing it into the driveway and keep it fuelled.
- ▶ Consult with Lawyer or Legal Aid. Keep any evidence of physical abuse (such as photos). Keep a journal of all violent incidents, noting dates, events and threats and witnesses.
- ▶ Clear your phone call history, to avoid having phone calls traced.
- ▶ Never confront the abuser.
- ▶ Do not tell the abuser you are leaving. Leave quickly.

Adapted From Neighbours Friends and Families.
www.neighboursfriendsandfamilies.on.ca