

# CARING FOR OUR COMMUNITY

How we can support survivors

Though stay at home orders have been lifted, reports of domestic violence will continue. Women and children are at particular risk as their abusers struggle with the stresses of dealing with the new normal.

If you know someone experiencing or at risk of violence, reach out to them to keep in touch and support them as much as you can.

## How can you help?



**Be aware** of the increased risk at this time. Violence is never justified.



**Listen and find out** about the woman's or child's needs and concerns.



**Reach out** and keep in touch with women and their children. Let them know you are there to help.



**Be careful** when contacting survivors as the abuser may be present in the home.



**Get and share** information on available support with survivors, without alerting their abusers.



**Be prepared** to call emergency services in case someone needs urgent help.

# SAFEGUARDING YOURSELF

You and your children deserve to feel SAFE

Know that you are not alone. There is great strength in seeking support and ensuring the safety of yourself and your children.

## Do you feel threatened or at risk?

Make a plan to protect yourself and your children any way you can.



**Identify** a supportive friend, neighbour or relative that can help you.



**Seek support** from a shelter, health facility, social services or the police.



**Plan** how to get there.



**Have personal** items and documents ready to take with you.

## How can you get help?



**Reach out** to a trusted relative, friend, or neighbour.



**Call** a hotline or get information online.



**Access services** from a shelter, health facility, social services or the police.



**Look after yourself** and your mental health and reduce stress as much as possible.