

The Assaulted Women's Helpline at *1-866-863-0511* offers a 24-hour telephone and TTY *1-866-863-7868* crisis line for abused women in Ontario. The service is anonymous and confidential and the toll-free number won't show up on your phone bill. Services can be provided in up to 154 languages.

Disponible en français

For more information about the services of the Assaulted Women's Helpline visit: www.awhl.org

For further information about the Neighbours, Friends and Families campaign visit: www.neighboursfriendsandfamilies.on.ca

If you are concerned about your immediate safety, call the police.

*Neighbours,
Friends and
Families*

*Safety
Planning
Tips for
Women Who
Are Abused*



Safety planning is a top priority. Here are some important things you can do to increase your safety:

- 1** Tell someone you trust about the abuse.
- 2** Gather important documents: all personal identification, financial and legal papers, house deed/lease, address book, medication and money/credit cards.
- 3** Put together valued pictures, jewellery and objects of sentimental value, as well as toys and comforts for your children.
- 4** Carry a photo of the abuser and your children with you.
- 5** Contact a women's shelter or the police. Ask for an officer who specializes in woman abuse cases. He/she can help you do further safety planning.
- 6** Consult a lawyer. Keep any evidence of physical abuse (such as photos). Keep a journal of all violent incidents, noting dates, events, and threats and witnesses.
- 7** Make sure your children's school or day care centre is aware of the situation and has copies of all relevant documents.
- 8** Do not tell the abuser you are leaving. Leave quickly.
- 9** Do not return to your home, unless accompanied by police.
- 10** Never confront the abuser.