

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 is provided in up to 154 languages. They will discuss the warning signs of abuse you have seen and give you practical advice on ways to help.

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*

**In an emergency, call the police.**

## *Neighbours, Friends and Families*

*Warning  
Signs to Identify  
and Help  
Women at Risk  
of Abuse*



*Are you concerned about someone you think is being abused? Recognizing the warning signs and risk factors of woman abuse is the first step.*

**He** puts her down

**He** does all the talking and dominates the conversation

**He** checks up on her all the time, even at work

**He** tries to suggest he is the victim and acts depressed

**He** tries to keep her away from you

**He** acts as if he owns her

**He** lies to make himself look good or exaggerates his good qualities

**He** acts like he is superior and of more value than others in his home

**(Suggestions in this card apply equally to gay and lesbian relationships.)**

**She** may be apologetic and makes excuses for his behaviour or becomes aggressive and angry

**She** is nervous about talking when he's there

**She** seems to be sick more often and misses work

**She** tries to cover her bruises

**She** makes excuses at the last minute about why she can't meet you or she tries to avoid you on the street.

**She** seems sad, lonely, withdrawn and is afraid

**She** uses more drugs or alcohol to cope

**The situation may be more dangerous if, in addition to the warning signs: the couple has recently separated; the couple has custody and access issues; he has access to weapons; he is convinced she is seeing someone else; he has a history of abuse and he threatens to harm her children, her pets or her property.**