

# Helping Abused Women

## Warning Signs

If you recognize some of the following, it may be time to take action:

- He checks up on her all the time, even at work
- He tries to suggest he is the victim and acts depressed
- He does all the talking and dominates the conversation
- He tries to keep her away from you
- She is apologetic and makes excuses for his behaviour or she becomes aggressive and angry
- She seems to be sick more often and misses work
- She is nervous talking when he is there
- She seems sad, lonely, withdrawn and is afraid



## High Risk Signs

The danger might be greater if:

- He has access to her and her children
- He has access to weapons
- He has threatened to harm or kill her if she leaves him: He says "If I can't have you, no one will."
- He threatens to harm her children, her pets or her property
- He has threatened to kill himself
- He has hit her, choked her
- He is going through major life changes (e.g. job, separation, depression)
- She has just separated or is planning to leave
- She has no access to a phone



## Support

- Encourage her to not confront her partner if she is planning to leave. Her safety must be protected.
- Offer to provide childcare while she seeks help.
- Encourage her to pack a small bag with important items and keep it stored at your home in case she needs it.
- Know that you or she can call the Assaulted Women's Helpline, your local shelter, or, in an emergency, the police.

