



## Domestic abuse.

### Help with domestic abuse.

Domestic abuse is a serious problem affecting people from all backgrounds, sexual orientations, ages and income levels. Because episodes of family abuse and violence are often shrouded in secrecy, there can be a stigma attached to seeking help. We are here to help end the stigma, help you recognize the signs of domestic abuse and seek help.

#### **Domestic violence and abuse includes more than physical violence. It can include:**

- Sexual abuse such as sexual assault, sexual harassment, or interfering with birth control.
- Emotional abuse such as name-calling, constant criticism, harming the victim's relationship with his or her children, or other actions that undermine self-worth.
- Economic abuse such as taking the victim's money, withholding funds for basic needs, or interfering with a partner's work or education.
- Psychological abuse such as causing fear and intimidation, destroying property, or threatening harm to the victim or his or her friends, co-workers, pets, children or other relatives, or isolating the person from others.

#### **How we can help:**

Abuse in any form is never appropriate or justified in any relationship. Knowing this is an important first step towards seeking professional assistance.

Counselling can help you examine all of your options so that you can decide what is best for you and your family. The counsellor can assist in developing a safety plan and identifying community resources such as shelters, and legal and financial services.

If you are in a crisis and need immediate help, call 9-9-9.

