

## **SAFETY INFORMATION**

You have the right to a safe and healthy relationship, free from violence and fear. Know the warning signs of an abusive relationship.

You **ARE** a victim of abuse if someone close to you

- Physically hurts you
- Threatens to hurt you
- Forces you to have sex
- Controls who you see, where you go, what you do, and what you do with your money
- Puts you down, calls you names
- Isolates you from family and friends

Living with violence can harm you physically, emotionally and mentally. You do NOT deserve to be physically or emotionally abused in any way, for any reason.

Physical, emotional, and sexual abuse is a crime.

**It is NOT your fault if you are abused. There are services that can help you live without violence.**

***Please call for help.***

## **SAFETY PLAN**

*Safety if you are being attacked:*

1. Call 911 immediately. Ask neighbours to call police if concerned.
2. Protect your head and abdomen by curling up and placing your hands over your head. Yell loudly and continuously while being hit.
3. Have an escape route and know where you will go if you are able to leave. If you are not able to leave go to the safest place to protect yourself. Avoid nearby hazards.
4. Have a cell phone on you so you can call for help.
5. If you are injured, go to a doctor or an emergency room and report what happened. Ask that they document your visit. Keep notes of details

*Safety if you are preparing to leave the relationship:*

1. Prepare a safety bag and keep it hidden in a secure place, e.g. with a friend. This bag should include items such as clothing for you; cash for a taxi and essentials; a list of important telephone numbers (including transition houses); medication; and a spare set of keys. Include important valuables and saleable items, photocopies of important documents: passports, visas, immigration papers, birth certificates, marriage license, bankbooks, and insurance papers.
2. Save money for an emergency in a safe place or ask friends or family members to hold money for you. Have a savings account opened in your own name.
3. Keep a diary (it may be used in court later). Keep any evidence: pictures, threatening letters, or apology notes.
4. Contact a lawyer to know your rights. Through the lawyer, you can arrange to prepare for separation proceedings.

**Before another incident occurs ...**

***Leave if possible, and go to a safe place.***

## **SAFETY RESOURCE INFORMATION**

### **Crisis Lines/Emergency Phone Numbers**

Emergency .....911  
South Fraser Crisis Line .....604-951-8855

### **Transition Houses for Women and Children**

Atira Women's Resource Society.....604-531-9143  
Ama House (55 yrs +).....604-542-5992

### **Victim Assistance**

VictimLINK .....1-800-563-0808  
Delta Police Victim Services ...604-940-5019 or 604-946-4411  
Surrey Specialized Victim Services .....604-583-1295  
TTY (for Deaf and Hard of Hearing) .....604-875-0885

### **Counselling Connections**

Deltassist Family and Community Services .....604-594-3455  
Delta Mental Health Centre (North) .....604-592-3700  
Delta Mental Health Centre (South) .....604-948-7010  
Surrey Community Services Society.....604-584-5811  
Surrey Women's Centre .....604-583-1295

### **Specialized Services**

Coalition to Eliminate the Abuse of Seniors.....1-866-437-1940  
Fraser South Home Health Care Intake .....604-953-4965  
BC Nurse Line .....1-866-215-4700  
Deaf/Hearing Impaired (Nurse) Line .....1-866-889-4700  
BC Seniors Advocacy Network (ext. 239) .....604-684-8171  
Seniors Housing Information Program .....604-520-6621  
Shelter Aid for Elderly Renters .....604-433-2218  
Public Guardian & Trustee of BC .....604-660-4444  
Lifeline (Local 3268) .....604-946-1121

### **Personal Safety**

Legal Services Society (Legal Aid) .....604-585-6595  
Lawyer Referral Service .....604-687-3221  
Law Line (press "7").....604-408-2172 or 1-866-577-2525  
Registered Charities Information .....1-800-267-2384