

EMERGENCY

Police 911
(Where available)

**Assaulted Women's
Help Line**

1-866-863-0511
Crisis line with help in
150 languages
TTY# 1-866-863-7868

Dial #SAFE (#7233) on a Bell,
Rogers, Fido, Telus phone

www.shelternet.ca
Connects women to shelters

Does your partner...

- hit or kick you?
- hurt your breasts, belly or
between the legs?
- force you to have sex?

**If you said YES to any
of the above questions,
you and your baby
may be in DANGER.**

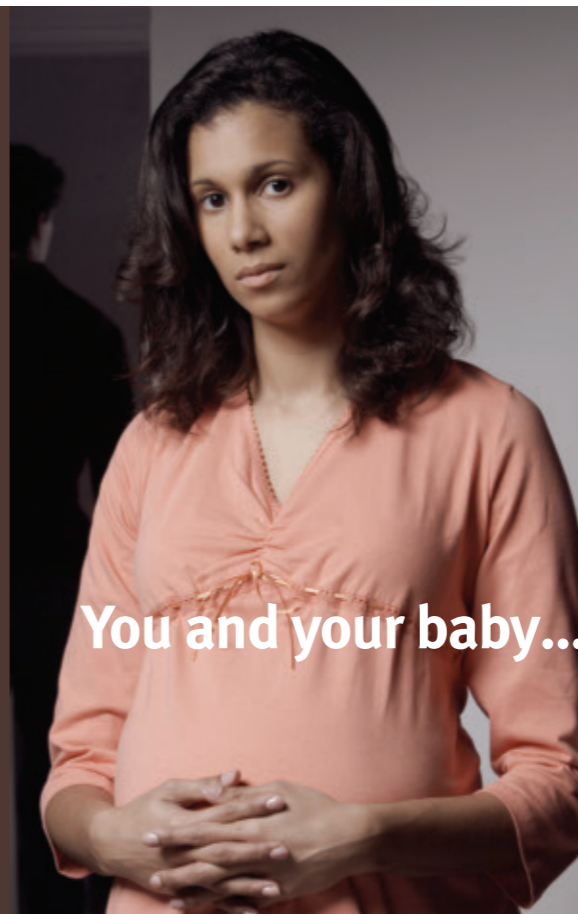
*best start
meilleur départ*

by/par health **nexus** santé

beststart@healthnexus.ca • www.beststart.org

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You and your baby...

Are YOU and your baby safe?

Does your partner...

- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor or midwife?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?

**This is EMOTIONAL abuse.
It can lead to physical abuse.
All kinds of ABUSE can hurt you.**

Abuse during pregnancy can cause you to:

- feel sad and alone
- feel anxious
- feel bad about yourself
- have pain and injuries
- turn to alcohol and drugs
- not eat or sleep well
- lose your baby

...and cause your baby to:

- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

**Abuse can cause RELATIONSHIP
problems between you and baby.
PROTECT yourself and your baby.**

What you can do...

- tell someone you trust what is going on
- find people to help you
 - friends and family
 - your doctor or midwife
 - your prenatal educator
 - a public health nurse
 - a counsellor
 - a shelter for women
- if possible, have an emergency escape plan
- get help to leave the abusive relationship

**For more information about woman
abuse contact:**

Springtide Resources
416-968-3422 www.springtideresources.org

Community Legal Education Ontario
416-408-4420 www.cleo.on.ca

Assaulted Women's Helpline website
www.awhl.org



Where to get help

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24 hours a day, 7 days a week

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www.shelternet.ca
Shelternet connects women to nearby shelters.

Check the front of your phone book
for distress centres in your area.

**ABUSE usually
gets worse over time.
It will not STOP
when your baby is born.**

**Talk to someone
you TRUST.
There is support.
You are not alone.**