



B)



A)

# Which would you choose?

## Resources in Ontario That Can Help

### Assaulted Women's Helpline

24-hour crisis line in over 200 languages  
1-866-863-0511  
TTY: 1-866-863-7868  
[awhl.org](http://awhl.org)

### Safety Planning

Find a safety plan template you can print out and use:  
[immigrantandrefugeeff.ca/need-help/safety-planning](http://immigrantandrefugeeff.ca/need-help/safety-planning)

### Language Interpreter Services

Interpreters are available for service providers to communicate with clients who are victims of domestic violence, sexual violence or trafficking.  
[languageinterpreters.on.ca](http://languageinterpreters.on.ca)

### Your Legal Rights

This is an online handbook that covers legal rights for women living with abuse.  
[cleo.on.ca/en/publications/handbook](http://cleo.on.ca/en/publications/handbook)

### Find a Shelter

Shelter Safe website  
[sheltersafe.ca](http://sheltersafe.ca)  
211 Transitional Housing  
[211ontario.ca/211-topics/housing/transitional-housing](http://211ontario.ca/211-topics/housing/transitional-housing)

**Find More Resources and Learn How to Help**  
Visit the Immigrant and Refugee Communities Neighbours, Friends and Families Campaign  
[immigrantandrefugeeff.ca](http://immigrantandrefugeeff.ca)

### Legal Aid Ontario

Survivors of domestic violence, regardless of immigration status, can get 2 hours of free legal advice:  
1-800-668-8258  
[legalaid.on.ca](http://legalaid.on.ca)

### Sexual Assault/Domestic Violence Treatment Centres

Find a centre near you:  
[satontario.com/en/locate\\_centre.php](http://satontario.com/en/locate_centre.php)

### Sexual Assault Support Centres

Find a centre near you:  
[sexualassaultsupport.ca/support](http://sexualassaultsupport.ca/support)

## A) This is safe and loving



## B) This is psychological abuse



## What is psychological abuse?

Psychological abuse is when someone tries to make you feel like you can't trust your own mind and memory. They may tell you that you are "imagining things" after they have hurt you. They may call you "crazy". If you tell them how you feel, they may tell you that you don't actually feel that way.

## Any kind of abuse is never okay.

Abuse can be physical, sexual, verbal, emotional, financial, psychological, or spiritual. It can be stalking or using technology to track you. It can be isolating or controlling behaviour. Extended family may join in the abuse. Abuse happens in all communities.

**If you are living with abuse, it's not your fault. You are not alone. There are resources on the back of this card that can support you.**

## How will I know if my neighbour, friend or family member is living with abuse?

### Does your friend's husband, boyfriend, partner, or ex...

- Act as if he owns her?
- Do all the talking when they're together?
- Put her down?
- Say he is the victim or act depressed?
- Act superior to others?
- Try to keep her away from you?
- Lie to make himself look good?

### Does your friend...

- Seem sad and withdrawn?
- Seem afraid to talk when he's around?
- Cancel plans and avoid you?
- Apologize for or defend his behaviour?
- Call in sick more?
- Try to cover up bruises?
- Use more drugs or alcohol to cope?

### If you notice any of these warning signs of abuse:

**See it.** Don't ignore the warning signs you see

**Name it.** If it is safe to do so, tell her what you are concerned about

**Check it.** Give her resources that may be able to help her (like the ones on the back of this card). *If she is planning to leave, encourage her to have a safety plan.*