



When Home is NO Longer Safe

If you're experiencing domestic or family violence during the COVID-19 pandemic, help is available:

- Call the provincial crisis line at **1-877-977-0007** or text **204-792-5302** or **204-805-6682** for support and shelter options. Free transportation to an emergency shelter is available.
- Victim Services has a range of supports available. Call **1-866-484-2846**.

Safety tips:

- If you have a cell phone, carry it with you at all times, make sure you're familiar with the phone's emergency functions.
- Check in regularly with trusted friends or family members and use a code word or signal to let them know when you're under threat.
- Have all important documents together in a secure place and assemble a 'go bag' with essentials for immediate departure.

If you or your children are under threat, go to a safe space and seek help, using the resources listed above. In an emergency, dial 911 or call your local police service.