

Who can help?

Call VictimLINK at 1 800 563-0808, a 24-hour crisis line for British Columbia in up to 130 languages. In an emergency, call your local police or 911, if available in your community.

Stopping violence against women is everyone's responsibility.

Ministry of Community Services
www.gov.bc.ca/cserv

(Suggestions in this card apply equally to gay and lesbian relationships.)

The information in this card was adapted from the following:

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Warning Signs

to Identify and Help Women at Risk of Abuse

Help, Hope & Healing



Are you concerned about someone you think is being abused?

HE

puts her down

does all the talking and dominates the conversation

checks up on her all the time, even at work

tries to suggest he is the victim and acts depressed

tries to keep her away from you

acts as if he owns her

lies to make himself look good or exaggerates his good qualities

acts like he is superior and of more value than others in his home

The situation may be more dangerous if, in addition to the warning signs: the couple has recently separated; the couple has custody and access issues; she is pregnant;

Recognizing the warning signs and risk factors of domestic violence is the first step.

SHE

is apologetic, makes excuses for his behaviour or becomes aggressive and angry

is nervous talking when he's nearby

seems to be sick more often and misses work

tries to cover her bruises

makes excuses at the last minute about why she can't meet you or she tries to avoid you on the street

seems sad, lonely, withdrawn and is afraid

uses more drugs or alcohol to cope

he has access to weapons; he is convinced she is seeing someone else; he has a history of abuse and threatens to harm her children, her pets or her property.