⁶المالماي کوارمهراي، مالار کوربه موجوي

What to do if you are abused and/or battered

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What to do if you are abused and/or battered

If you are being physically, psychologically (mentally), emotionally or sexually abused in a relationship, it is important that you seek help. You do not have to continue to suffer in silence.

There is no excuse for any form of abuse and you do not have to put up with it. Both physical and sexual abuse are against the law and help is available through the legal system. Although emotional and psychological (mental) abuse are not punishable by law, they are still wrong and you can still get help.

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If you are starting to feel uncomfortable or unsafe in your relationship, then you are likely in an abusive relationship. If you have experienced violence, chances are it will continue. These are some of the things you should do:

• Get some clothes together for your self and your children and store them in a safe place - at a friend's or relative's, in an old bag or box on the porch, or in the back of your closet. Put them some place you can get to them easily if you need to.

• Start to put some money away if possible - even small amounts that you can spare without being noticed will add up over time. Leave it with a trusted friend or relative, or hide it some σላ[™]ጋΔ^ς. ለፖĽኦኦበʹኌቦ^ς ርበቦኦ[™] ለኄዮ፟፟፟፟፟፟ ኦኖሪኌዮ^ς Δϲʹͽ^c, ኦኖሪኌዮ^c Δኦ[™]ጋቦ^ς Ϥ^cርፈዮዮርጋΓ ለጚ[™]ፈም ሀናልቦ^c ለቦላኄዖልቦ^c.

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place safe where you can get at it easily if you need to.

• If your children are old enough, let them in on your plan so they can be ready to go at a moment's notice. Don't be afraid to talk about this with them — kids often know more than we think, and they are victims too.

• Make sure you keep all important papers such as birth certificates, social insurance numbers, health cards, and copies of restraining orders and/or custody orders if applicable. Also any current bank statements, cheque books, credit or debit cards, Northern store or Co-op cards should be easy to get to and taken with you when you leave.

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Make yourself safe. Are you or your children currently in danger?

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Are you able to phone or contact someone who can help you, like a relative, a friend, a neighbour, RCMP, other helpers in your community, or a shelter or safe home?

4)

If you have a shelter or safe home in your community, find out where they are located. (You may be able to get this information from some of the following people: RCMP, health and social services, alcohol and drug counsellors, native court worker, priest or clergy member. Don't be afraid to ask more than one person if you have to.)

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Do you need to leave your present location to reach safety? If you and your children are presently safe, you may still wish to contact someone for help or information. Call that person and contact, or have them contact, your local shelter or safe home if you have one in your community, or any other helping agency.

6)

If you need to leave your present location, and you are able to do so, go to your local shelter or safe home if you have one in your community. They will assist you in finding support and help you contact the RCMP if that is your wish.

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If you do not have a shelter or safe home in your community, you can still get

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help in getting to safety. Contact the RCMP, health and social services, alcohol or drug workers. They may ask if you want to go to a shelter in another community. If they do not suggest this, then you have the right to ask to be taken to safety.

8)

If you make an emergency call from a phone that has a redial button, make sure you dial another number after you reach the emergency number. This will help avoid having your abuser find out you were looking for help.

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Once you are in a safe place, you still need to make sure your abuser can not find you. For example, do not leave messages for people that include your phone number or address.

Remember that family violence is a crime. You can use the legal system to help you. In many communities, you may apply for a restraining order or have the abuser arrested.

PLEASE HELP US STOP THE CYCLE OF VIOLENCE

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