

Am I Being Abused?

Abuse is a pattern of verbal, emotional, physical, or sexual behaviours used by one person in order to gain power and control over another person. No one has the right to hurt you. You are not at fault and you do not cause the abuse.

The following are some signs of abuse:

- Ignoring or minimizing your feelings
- Constantly criticizing, insulting and calling you names
- Humiliating you in public or private
- Refusing to help you when you are sick or injured
- Controlling all the money
- Locking you out of your home
- Isolating you from your family, friends, work and community support
- Controlling where you go and what you do
- Checking up on you constantly
- Blaming you for the abuse that occurs
- Playing mind games
- Threatening to hurt you, take your children, harm your family, or hurt you with a weapon
- Pushing, shoving, throwing objects at you
- Hitting, choking, punching, biting, slapping, kicking you
- Forcing you to participate in sexual activities that you don't want
- Threatening to tell others about your gender identity or sexual orientation.

If any of these are happening to you, consider talking to someone who can help.

Recent research consistently suggests that abuse in same-sex couples occurs with the same frequency as it does for heterosexual couples.

One partner may be solely the abuser, or there may be abusive behaviour on the part of both partners.

A person who is being abused may feel afraid, worthless and helpless. Children are also adversely affected by witnessing abuse. Children witnessing violence is legally considered to be child abuse.

There are often unique challenges for a person who is lesbian, gay, bisexual, transgender/ transsexual, two-spirit, intersex, or queer (LGBT2IQ).

You may be reluctant to come forward to service providers (e.g. shelters, medical services, etc.). You may fear that others will not be accepting of your gender identity or sexual orientation and fear being re-victimized or "outed", or being confronted with a homophobic reaction. A lesbian woman may worry that her abuser will try to access the same shelter.

Isolation after leaving a relationship can be greater if the victim has been shunned by family and friends because of sexual orientation. In addition, you may fear losing friends and support within the LGBT2IQ community.

Some people may fear that acknowledging same-sex domestic violence could reinforce homophobia and negative stereotypes about the LGBT2IQ community.

Help is Available

Our member agencies have trained staff who understand the dynamics of abuse and are sensitive to the individual circumstances presented by each client.

Transition Houses (women's shelters) provide temporary housing and support for women and their children fleeing violence. The staff can assist you to plan for your future by offering safety, supportive listening, information on abuse, referrals to counselling, financial and legal services, and help finding housing.

Outreach programs are offered out of many emergency shelters providing ongoing counselling and support to women not currently living at the shelter.

As well, programs for children exposed to violence are available at some shelters. All shelters offer services and support for the children who are resident there.

2nd Stage Shelters are designed for women and their children who are looking for secure, affordable housing on a longer-term basis.

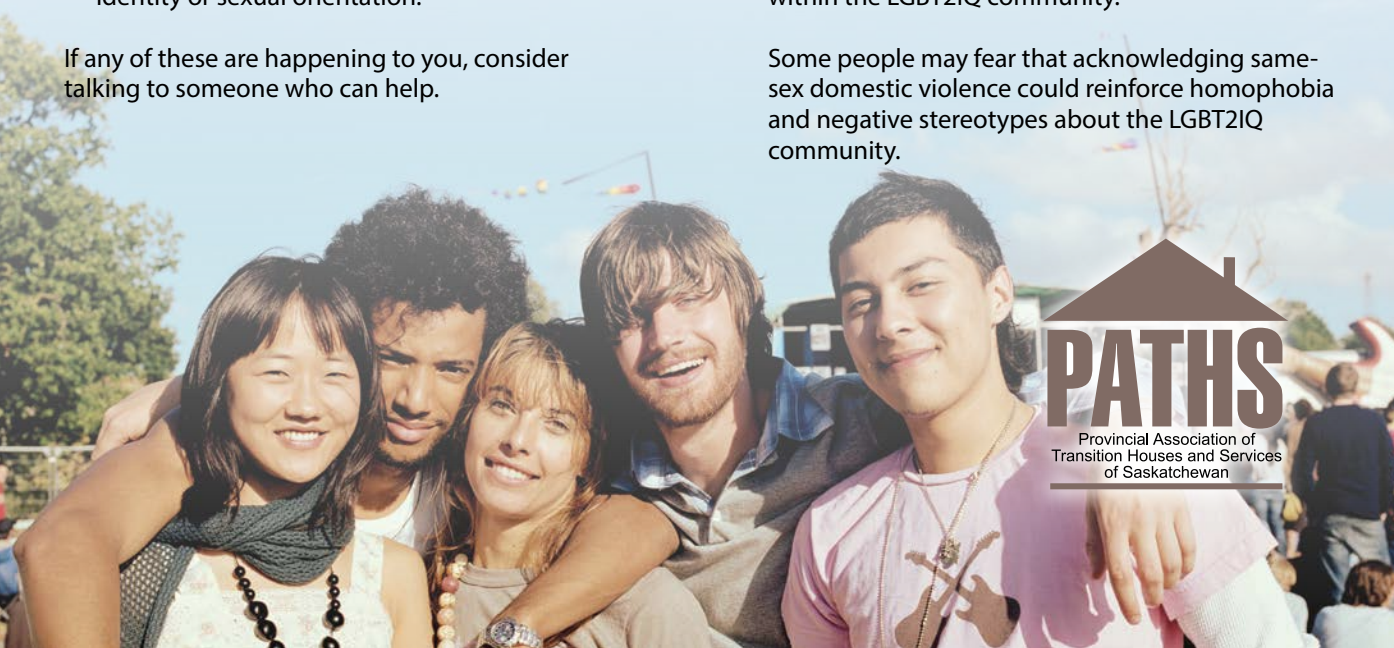
Family Violence Outreach Services provide both crisis and ongoing counselling for victims of violence.

Shelter services are available only to women, but men may call the shelters for telephone counselling (available 24 hrs/day). Family Violence Outreach Services offer support to both men and women.

If you are in immediate danger call 911.

The Abuse Help Lines on page 3 of your SaskTel DirectWest phone book will direct you to all your community's resources for people experiencing violence.

You can also visit our website at <http://abusehelplines.org/about-abuse/information-for-lgbt2iqa/>



Shelters and Services:

EMERGENCY SHELTERS

Fort Qu'Appelle 306-332-6881

La Ronge 306-425-3900

306-425-4090 (crisis line collect)

Meadow Lake 306-236-5570

Moose Jaw 306-693-6511

North Battleford 306-445-2742

Prince Albert 306-764-7233

Swift Current 306-778-3692 | 1-800-567-3334

REGINA

Isabel Johnson Shelter 306-525-2141

Regina Transition House 306-569-2292

WISH - Wichihik Iskewewak

Safe House 306-543-0493

SASKATOON

YWCA of Saskatoon 306-244-2844

Saskatoon Interval House 306-244-0185

YORKTON

Shelwin House 306-783-7233 | 1-888-783-3111

Project Safe Haven 306-782-0676

SECOND STAGE

SOFIA House (Regina) 306-565-2537

Prince Albert 306-764-7233

Genesis House (Swift Current) 306-778-3692

Adele House (Saskatoon) 306-668-2761

WISH (Regina) 306-543-0493

FAMILY VIOLENCE

OUTREACH SERVICES

North East (Melfort) 306-752-9464

1-800-611-6349

Hudson Bay 306-865-3064 | 1-800-611-6349

West Central (Kindersley) 306-463-6655

Envision (Estevan) 306-637-4004

1-800-214-7083

Envision (Weyburn) 306-842-8821

1-800-214-7083

Partners Family Services

(Humboldt) 306-682-4135



Provincial Association of
Transition Houses and Services
of Saskatchewan

2505 11th Avenue
Regina, Saskatchewan S4P 0K6

T 306-522-3515

F 306-522-0830

W www.abusehelplines.org

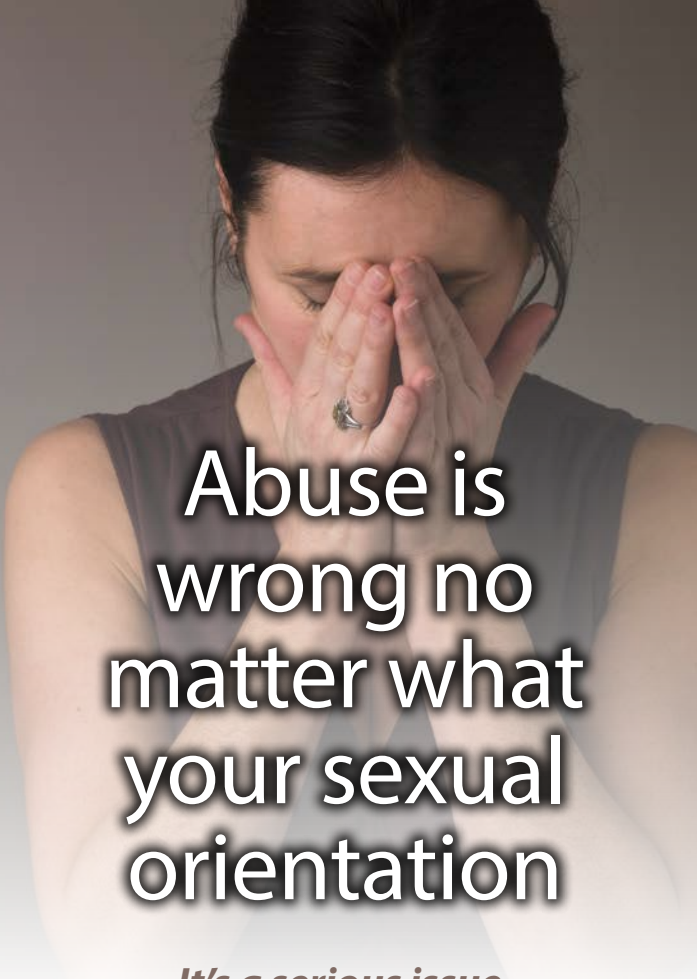


Prairieaction
FOUNDATION

Supporting Solutions
To Violence and Abuse

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Abuse is
wrong no
matter what
your sexual
orientation

*It's a serious issue.
There is help available.*

Anyone can be a victim of abuse,
regardless of ethnic background,
age, gender, disabilities, religion,
marital, financial or employment
status, or sexual orientation.



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