

You deserve to have a good relationship

Everyone should be treated with respect by her or his boyfriend or girlfriend, husband or wife. You deserve good treatment from care-givers and other people in the place where you live. No one should be hurt physically or emotionally.

What is Abuse?

When someone hurts you and tries to have power over you, you are being abused.

It can be what people say to you or how they say it. It can be physical things they do that hurt you.

They can do hurtful things in your sexual relationship.

They can hurt your children. They can break things that belong to you or hurt your pets.

Anyone can be a victim of abuse at any age. Abuse can affect people from any country or religion. It can affect you if you are male or female. It can affect you if you are lesbian, gay or straight. It can particularly affect you if you have physical or mental disabilities. And it can affect you no matter if you have a job or have a lot of money.

Am I being abused?

When you are being abused you may feel afraid, worthless and helpless. The following are some of the signs of abuse. Is your partner or someone else:

- Ignoring your feelings;
- Criticizing, insulting and calling you names;
- Making fun of 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;
- Keeping you away from your family, friends, or work;
- Stopping you from getting help;
- Controlling where you go and what you do;
- Checking up on you all the time;
- Blaming you for the abuse that occurs;
- Playing mind games;
- Threatening to hurt you;
- Threatening to take your children;
- Threatening to harm your family;
- Threatening to hurt you with a weapon;
- Pushing, shoving or throwing objects at you;
- Hitting, choking, punching, biting, slapping or kicking you;
- Making you do things you don't want to do in your sexual relationship.

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

What should I do?

If you are in immediate danger, call 9-1-1.

In any other situation

1. Phone a shelter or counselling centre in your town. The numbers are listed in this pamphlet. Abuse help lines are also listed on page 3 of the phone book and on the PATHS website:
abusehelplines.org/resources/find-a-shelter/
All of the emergency shelters are open 24 hours. You can call anytime, day or night.
2. Tell them about your situation.
3. A staff person will suggest some options for you. She will advise you about going to stay at a shelter or other location. She will tell you about other services that can help you.
4. You will decide what you want to do.

What can I do?

1. Stay in the relationship and accept it as it is. This can be very dangerous. Someone could get badly hurt or die.
Your children are also suffering. The effects of seeing abuse may continue into their adult life. When children see violence happening in the home it is considered to be child abuse.
2. Stay if the abuser is getting help to change.
Abusers need to recognize that they have a problem. They need to get help for themselves. You cannot make changes for them.
You also need someone to talk to. Find a counsellor you like. You can discuss your feelings and start to feel better.
Join a support group. You'll be surprised how many people have been in a similar situation.
3. Leave the relationship.
Make sure you are going to be safe if you leave. Sometimes a violent person becomes more violent when the partner tries to leave. If this is your situation go to a women's shelter.
Shelter workers will help you to move on to a safe and better life for you and your children.
Once you leave, you can start to take charge of your life. You can begin to make decisions for yourself and plan for a life free from violence.

Make a plan

Think ahead in case you have to leave home quickly.

- Keep an extra set of important items somewhere outside your home - extra set of keys, I.D., glasses, bank cards, cash, address book, medication, and important papers.
- Figure out a safe place to go such as a women's shelter.
- Tell friends or neighbours to call the police if they hear angry noises from your home.
- Think of ways you can leave the home if you feel you are in danger.
- Talk to a counsellor or shelter worker to have her help you make your own personal safety plan.

Where can I get help?

- Emergency Shelters and Transition Houses. These places are for women and their children who are fleeing violence. They provide a place to stay for about 4 to 6 weeks. Staff will listen to your story and give you information. They can help you plan for your future. They can help you find a counsellor. They can help you get advice on money or legal problems. They can help you find a place to live.
- 2nd Stage Shelters provide an apartment for women and their children. Women can stay in in a second stage shelter for a longer time, usually about a year.
- Counselling and Support Centres provide counselling. Many offer programs for families and children.
- Free and confidential. All of the services are confidential. All services are free of charge.



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



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To Violence and Abuse

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We All Deserve To Be Treated With Respect

*Do you like the way you are treated by
your boyfriend, husband or partner?*

Do your feelings get hurt sometimes?

Do you get hurt physically?

*Maybe it is time to take a look
and make a change.*

