If you are in immediate danger call the police, or 911 if available in your area.

To talk to someone about a plan to protect you and your children or to simply find the location of the services nearest you, look in your phone book under emergency numbers or call:

VictimLink BC: 1 800 563-0808
www.victimlinkbc.ca

Ministry of Public Safety and Solicitor General
www.gov.bc.ca/pssg
It is never okay for someone to hurt you.
You have a right to be safe in your own home, but sometimes the only safe place is somewhere else.
If someone is hurting you and your children, you may need outside help to heal and move on with your lives.

Help is available
The Province of British Columbia supports services that can give you and your children:
- Safe, temporary or longer term shelter
- Food and other necessities
- Support to help you get financial, medical or legal help
- Emotional help and counselling

Transition houses
If you are leaving a violent relationship, you and your children can stay safely and securely in a transition house for up to a month.

Safe homes
If your community has no transition house, a safe home may provide temporary accommodation. This may be a rental apartment, private home or a hotel. While you are in a safe home, someone will help you connect with longer term supports if you need them.

Second-stage housing
If you need a safe place to live and ongoing support after a transition house or safe home, second-stage housing may be an option.

Healing for you
Living with violence can leave emotional bruises and scars. Stopping the Violence Counselling can help you heal by giving you a chance to talk openly about your experiences without fear of criticism or judgment.

Hope for your children
Counselling can also help your children. With Children Who Witness Abuse Counselling, children can begin to heal, learn healthy ways to deal with anger and regain confidence in themselves and your family. Helping children helps stop the cycle of violence.

Help where and when you need it
Outreach workers are available to connect you with the services you need, and to help you leave a violent situation so you can heal and start a new life. Multicultural outreach workers can provide counselling, information and referrals in your own language, and someone who will go with you or arrange transportation to services.

The Province of British Columbia supports transition houses, safe homes, second-stage housing, Stopping the Violence Counselling, Children Who Witness Abuse Counselling and outreach services, including multicultural outreach.