

**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

**Are you being abused?
Do you need a safe place to go?**



Help, Hope & Healing



PSSG10-001



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.