



Indigenous Services  
Canada



FIRST NATIONS OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION

## ARE YOU EXPERIENCING DOMESTIC VIOLENCE?

\*\*\*When a relationship ends, the risk of serious or life-threatening violence is greatest. If someone is in immediate danger, call 911 or the crisis line in your community.

Domestic violence consists of any form of abuse by a family member or partner. Family violence can affect all members of a family and can take different forms:

- **PHYSICAL:** hitting, injuring, pushing, etc.
- **VERBAL:** insulting, shouting, threatening, etc.
- **PSYCHOLOGICAL:** humiliating, isolating, controlling, etc.
- **SEXUAL:** forcing the other person to perform sexual acts against their will, making inappropriate comments, harassing in order to have sex, etc.
- **ECONOMIC:** controlling finances and expenses, prohibiting work outside the home, overspending that jeopardizes the family's financial security, etc.

Domestic violence has harmful consequences on family members and is **NEVER ACCEPTABLE**.

### If you are a victim of family violence, you can...

- Talk to someone you trust about what you're going through.
- Call crisis and victim helplines (see list below).
- Call the police.
- Ask your health centre for help.
- Make a safety plan (see below).

### PREPARE A SAFETY PLAN

Having a safety plan increases safety for the victim(s) of domestic violence. Even if you are not planning on leaving the abuser or your current home, a safety plan will allow you to leave quickly if a situation becomes unsafe for you or your family.

- Contact a domestic violence helpline or a women's shelter for practical advice and help.
- Open a separate bank account.
- If possible, give a photocopy of your important papers to a friend or relative you trust.
- Prepare a small bag with the things you will need if you must leave quickly (e.g., cash and/or bank card, duplicate house keys, driver's license, health insurance card, status card, etc.).
- If you have children, make their own safety plan with them should you be unable to help them during an abusive episode (e.g., get to a safe place, call the police, etc.).



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## HOW TO HELP CLIENTS ESCAPE FROM VIOLENCE

Confinement makes violence more difficult to see, even if it is still present. This is why it is all the more important to remain alert and vigilant, for ourselves, but also for others.

## HELPING A LOVED ONE DESPITE SOCIAL DISTANCING MEASURES

- Maintain regular contact, either by phone, video call, email or social media.
- Discreetly provide phone numbers for online or community help resources.
- Offer your listening and support without judgment.
- Encourage the person to create a personalized emergency plan to escape from a situation of violence.

## IF YOU WITNESS VIOLENCE:

- Call 911 or the help or crisis line available in the community as soon as you see or become aware of behaviours that you believe are domestic or family violence.
- Promote the local resources among the public by mail or social media posts.
- Suggest that the person use discretion if they intend to leave in order to avoid creating dangerous situations. Their safety is a priority.

## WHERE CAN YOU GET HELP?

- **In case of an emergency, call 911 or emergency services in your community**
- **24/7, free and confidential helplines:**
  - SOS violence conjugale (domestic violence hotline): 1-800-363-9010 (this resource also offers intervention support for workers)
  - Hope for wellness helpline: 1-855-242-3310
  - Suicide prevention: 1-866-277-3553
  - Kids Help Phone: 1-800-668-6868 (online chat at <https://kidshelpphone.ca>)
  - Tel-jeunes: 1-800-263-2266
  - Youth protection services in your area
- **Shelters**  
Call the local shelter in or near your community or contact the health centre.
- **Psychosocial services**  
**Contact your health centre for help or to obtain services:**
  - Non-Insured Health Benefits (NIHB) program to consult a psychologist.
  - For children under 18, you may be eligible for professional services under Jordan's Principle.**You can contact maternal and child health services as well as first-line services in your community.**