



Brochures in this series include:



Coping With The Death Of A Spouse



After You Leave



Staying Safe When You Share Parenting & Custody with an Abusive Partner



Abuse in Relationships



Staying Safe in Rural Areas

For Support & Resources:

East & West Parry Sound Victim Services:

Office: (705) 746-0508

24/7 Crisis line: (705) 938-1476

Esprit Place-Outreach programs and Counseling service:

Parry Sound: (705) 746-4800

South River: (705) 386-2303

Women's Crisis Line:

Toll-Free: (866)-863-0511

From a cell phone: #SAFE (#7233)

Ontario Victim Support Line (Victim Notification System):

(888) 579-2888

Muskoka-Parry Sound Sexual Assault Sexual Services:

Toll-Free: (800) 461-2929

24/7 Crisis Assistance and Referral Service

Phone: (705) 746-0508

Crisis Line 24/7:

(705) 938-1476



Ontario

MINISTRY OF THE ATTORNEY GENERAL
MINISTÈRE DU PROCUREUR GÉNÉRAL

East & West Parry Sound Victim Services



24/7 Crisis Assistance and Referral Service

Phone: (705) 746-0508

Crisis Line 24/7

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***How to help a friend
in an abusive
relationship***



Does your partner?

Does your partner:

- *Control who you see or speak to?*
- *Isolate you from family and friends?*
- *Make you feel stupid or worthless?*
- *Threaten to harm your pets?*
- *Threaten to take your children if you leave?*
- *Threaten suicide if you leave?*
- *Hit, slap, punch, kick or push you?*
- *Threaten you with weapons?*
- *Accuse you of having an affair?*
- *Force or coerce you into having sex against your wishes?*
- *Blame you for everything that goes wrong in the relationship?*

Get involved. Very few women get out of an abusive relationship without the support and caring of those around her.

Police, court advocates, and counselors cannot replace the power and importance of friends and family members in helping a woman get free of violence.

You don't always have to say the "right thing". Calmness, your presence, caring and kindness can make all the difference. Support her to reach out to community services. Help her to get the necessary information to take the next step.

Accompany your friend to police, court, medical appointments and/or social service agencies.

When accompanying your friend, ask her how you can best support her – go over questions she may want to ask, take notes or whatever will be helpful for her. Just being physically present with your friend can keep the process from becoming overwhelming.



How to help a friend who is in an abusive relationship

- Offer to provide childcare during a court date or a meeting
- Offer to provide transportation.
- Make a list with your friend of all the people she thinks might be able to help.
- Have your friend give you a code word that will alert you to call police when she uses it.
- Never disclose personal information about your friend without her clear permission.
- Be clear with your friend about what you can and can't do.
- Don't offer advice – be there to listen and support your friend.
- Remind your friend that all final decisions about what to do and who to tell are her decisions.
- *Respect the choices that she makes even if you disagree. They are her choices to make.*
- Seek out support for yourself so that you can be there for your friend with caring, support and accurate information.