

If you're in an abusive relationship

You are not to blame for being battered or mistreated.
You are not the cause of your partner's abusive behaviour.
You deserve to be treated with respect.
You deserve a safe and happy life.
Your children deserve a safe and happy life.
You are not alone. There are people waiting to help.

Facing the decision to leave an abusive relationship

Hoping your abusive partner will change.
Believing you can help your abuser.
Your partner promising to stop the abuse.
Worrying about what will happen if you leave

Safety planning for abused women

Know your abuser's red flags.
Identify safe areas of the house.
Come up with a code word.
Be ready to leave at a moment's notice.
Practice escaping quickly and safely.
Make and memorize a list of emergency contacts.

How to Get Out of an Abusive Relationship

Protecting your privacy

Call from a friend's or neighbour's phone when seeking help for domestic violence.
Check your smartphone settings.
Get a second phone.
Use a safe computer.
Change your user names and passwords.

Domestic violence shelters

A domestic violence shelter can help with the following:
Legal help
Counselling
Support groups
Services for your children
Employment programs
Health-related services
Educational opportunities
Financial assistance

Protecting yourself after you've left

Keep your new location a secret.
If you're remaining in the same area, change up your routine.
Consider getting a restraining order or protective order against your abusive partner.

Taking steps to heal and move on

Counselling, therapy, and support groups for domestic abuse survivors can help you process what you've been through and learn how to build new and healthy relationships.