



ARE YOU BEING ABUSED AND PLANNING TO LEAVE?

leaving an abusive relationship will often risk an escalation in violence

Be discreet.
Do not tell your partner that you're thinking of leaving.

Have an emergency suitcase packed and hidden somewhere safe

Save as much cash as you can and keep it somewhere your abuser can't access.



keep copies of documentation like passports, birth certificates, immigration status, health cards etc.

set aside comfort items for your kids when you leave (i.e. favourite toy, blanket etc.)



turn off GPS and location on all your devices

KEEP EMERGENCY PHONE NUMBERS WITH YOU AT ALL TIMES.



CALL OUR 24H CRISIS LINE

1-888-293-5516



FIND MORE INFO ONLINE

INTERVALHOUSE.CA