



When Home is NO Longer Safe

If you're experiencing domestic or family violence during the COVID-19 pandemic, help is available:

- **Call** the crisis line at **1-877-977-0007** or **text 204-792-5302** or **204-805-6682** for support and shelter options. Free transportation to an emergency shelter is available.
- Protection orders are granted on an urgent basis in cases of domestic violence or stalking. **Call 1-877-977-0007** for more information.

Safety tips:

- If you have a cell phone, carry it with you at all times, make sure you're familiar with the phone's emergency functions and register the number with Victim Services at **204-945-6851**.
- Check in regularly with trusted friends or family members and use a code word or signal to let them know when you're under threat.
- Have all important documents together in a secure place and assemble a 'go bag' with essentials for immediate departure.

**If you or your children are under threat,
go to a safe space and seek help,
using the resources listed above.
In an emergency, dial 911.**