

7. Informal support network

- Do you have a positive supportive person among your friends or family?
- Do you have community connections, through school associations, women and/or children's groups?

8. Formal support network

- Do you have any connections with community agencies, if so which ones?
- Community resources are available, such as Faye Peterson Transition house, Thunder Bay Counselling Services, HOPE place, Beendigen, Children's Aid, Dilico.

9. Suicidal ideation

- Do you have thoughts or feelings about hurting yourself?
- Be aware that some people may feel like this. If this is the case, please go to the Emergency Department.

10. Safety arrangements for pets

- Arrange for a friend or neighbour to care for your pet, or a local vet or kennel.
- Access to a vet can be arranged through the women's shelters.

Follow-up documentation and further photography is available at the SA/DVTC. Follow-up with your family physician or health unit is also encouraged.

Please call our office to make an appointment for follow-up care & information.

For additional support and information or to discuss counselling, contact:

Assaulted Women's Helpline 1-866-863-0511

Victim Support Line 1-888-579-2888

Victim Crisis Assistance & Referral Service 684-1051

Beendigen 344-9579

Faye Peterson Transition House 345-0450

Catholic Family Development Centre 345-7323

Thunder Bay Counseling 684-1880

Thunder Bay Sexual Assault/ Sexual Abuse
Counselling and Crisis Centre (807) 345-0894

Employee Assistance Program through your employer

Additional Resource:

www.shelternet.ca

www.awhl.org

www.domesticviolenceinfo.ca

www.sadvttreatmentcentres.net

Together with the community we are helping to build sustainable self reliance. Educating, advocating and leading the way to social change.

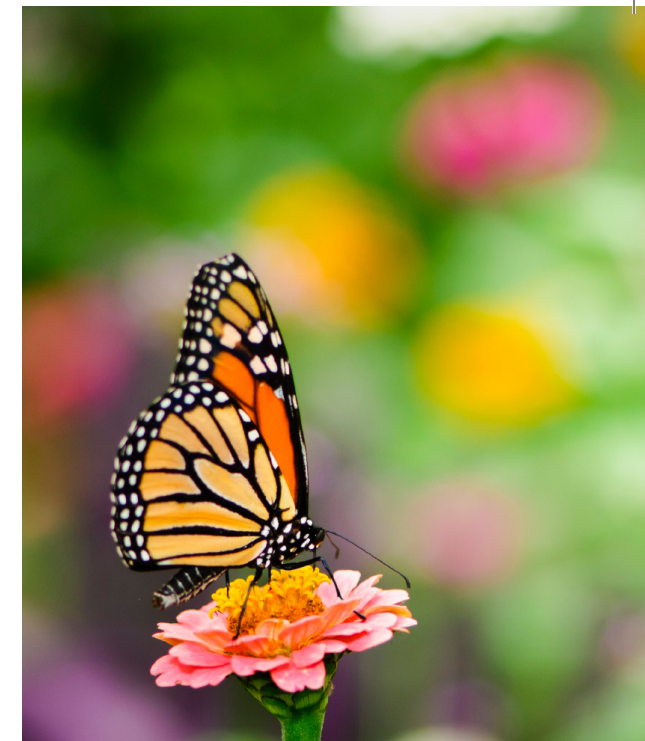
We can help...

Call (807) 684-6751



980 Oliver Road
Thunder Bay, Ontario,
Canada P7B 6V4
(807) 684-6000

This is a program of the Thunder Bay Regional Health Sciences Centre, also affiliated with the Ontario Network for Sexual Assault/Domestic Violence Treatment Centres.



Sexual Assault/Domestic Violence Treatment Centre

Domestic Violence: Be Prepared "Just in Case"

A continuum of services inspired by the strength and resiliency of survivors.

Rebuilding lives.

Restoring hope.

Reviving the human spirit.



www.tbrhsc.net

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healthy
together

1. Be Prepared: plan for patient, and children (if any)

- Keep emergency numbers close at hand – such as police and local shelter.
- Arrange for a friend or neighbour to call the police if they hear a disturbance coming from your home.
- Have a code word to use with your children, family, friends or neighbours to alert them of danger.
- Instruct children not to get involved in the violence between you and your partner.
- Develop a safety plan with your child and consider a rehearsed escape plan.
- Consider leaving a packed bag with someone you trust in case you have to leave quickly. It is safer & easier to pack when you are not in a crisis / dangerous situation.

2. Procedures to follow in case of an emergency

- Call 911 and yell loudly to alert neighbours.
- Use your right to protect yourself until you are out of danger.
- Use a code word & safety plan with children.
- If possible, keep a charged cell phone with you at all times.

3. Safe place to go in case of emergency

- Some places you can go to include the local women's shelter, hospital, police department, hotel room, family or friends. Consider that your partner might look for you at family and friends first, so it may not always be a safe place.

4. Items required in case of emergency

- Take money, an extra set of keys, copies of important documents (restraining order, birth certificates, visas or passports, divorce papers, custody orders, social insurance card, health care cards, driver's license, bank book, lease, deed or rental agreement), extra medication, clothes, toiletries and essential supplies for your children (favourite toy if possible).

5. Physical and Emotional care

- Self-care is very important at this time. Encourage good nutrition, sleep and exercise.

6. Dealing with stalking and threats

- If you have a restraining order; keep it with you at all times and give a copy to a family member, trusted friend or neighbour. Call the police if your abuser violates the order. Inform family, friends, neighbours and your physician that you have a restraining order. Have friends, neighbours or landlord contact the police if they see your abuser near your home. Determine other ways to stay safe if the police do not respond immediately. Consider that a no contact order includes both parties. You are also not allowed to contact the person responsible for abuse.
- Screen your phone calls. Document all calls by the abuser.
- Be alert when leaving your home.
- If you drive, park in a safe place.
- Use a variety of routes home, if possible.
- If you use public transport sit close to the front by the driver and arrange for someone to meet you at the bus stop and walk you home.
- Drive to the nearest police station if you are being followed.