

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?

9. Suicidal thoughts

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

10. Safety arrangements for pets

- Arrange for a friend or neighbour to care for your pet, or call a local vet or kennel.

Follow-up documentation and further photography is available with the SA/DV TC. Follow-up with your family doctor 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

Thunder Bay & Area Victim Services
807-684-1051

Beendigen
807-346-4357

Faye Peterson House
807-345-0450 or 1-800-465-6971

Thunder Bay Counselling
807-684-1880

Crisis Response Services
807-346-8282 or 1-888-269-3100

Thunder Bay Police
911 or Non-Urgent Line 807-684-1200
Employee Assistance Program
through your employer

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

The Sexual Assault/Domestic Violence Treatment Centre can help.

Call 807-684-6751



Thunder Bay Regional Health Sciences Centre

980 Oliver Road
Thunder Bay,
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Canada P7B 6V4
(807) 684-6000
www.tbrhsc.net

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.



Thunder Bay Regional Health Sciences Centre

1. Be Prepared: Plan for yourself and children

- Keep emergency numbers close at hand such as police and local shelters.
- 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 children 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 and 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 and 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 shelters;
- Hospital;
- Police Department;
- Hotel room;
- Family or friends.

Keep in mind that your partner may first turn to family and friends to find you, so these places might not always be the safest option

4. Items required in case of emergency

- 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 cards, driver's license, lease, deed or rental agreement);
- Extra medication;
- Clothes, toiletries and essential supplies for you and your children.

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.
- Screen your phone calls. Document all calls by the abuser.
- Be alert when leaving your home.
- If you drive, make sure you lock your vehicle door before you start driving and park in a safe place.
- Use a variety of routes home, if possible.
- If you use public transportation 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.