



ABUSE often starts or gets worse
during pregnancy

*You and your baby deserve to be safe
—talk to someone you trust*

1-866-863-0511
Assaulted Women's Help Line

24 hours a day, 7 days a week
Crisis line with help in 150 languages
TTY# 1-866-863-7868

911
Police

24 hours a day, 7 days a week
(Where available)

best start
meilleur départ

by/par health **nexus** santé