Does your partner…
- hit or kick you?
- hurt your breasts, belly or between the legs?
- force you to have sex?

If you said YES to any of the above questions, you and your baby may be in DANGER.

If you are in immediate danger, call 911.

EMERGENCY
Police 911
(Where available)
Assaulted Women’s Help Line
1-866-863-0511
Crisis line with help in 150 languages
TTY 1-866-863-7868
Dial #SAFE (#7233) on a Bell, Rogers, Fido, Telus phone
www.211ontario.ca
Women’s shelters in Ontario

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Does your partner…
- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor or midwife?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?

This is EMOTIONAL abuse. It can lead to physical abuse. All kinds of ABUSE can hurt you.

You and your baby...

Are YOU and your baby safe?

Does your partner...
- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor or midwife?
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best start
meilleur départ
by/par health RESOURCES
beststart@healthnexus.ca • www.beststart.org

This document has been prepared with funds provided by the Government of Ontario.
Abuse during pregnancy can cause you to:
- feel sad and alone
- feel anxious
- feel bad about yourself
- have pain and injuries
- turn to alcohol and drugs
- not eat or sleep well
- lose your baby
- ...and cause your baby to:
- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

What you can do...
- tell someone you trust what is going on
- find people to help you
  - friends and family
  - your doctor or midwife
  - your prenatal educator
  - a public health nurse
  - a counsellor
  - a shelter for women
- if possible, have an emergency escape plan
- get help to leave the abusive relationship

Abuse can cause RELATIONSHIP problems between you and baby. PROTECT yourself and your baby.

For more information about woman abuse contact:
Springtide Resources
416-968-3422 www.springtideresources.org
Community Legal Education Ontario
416-408-4420 www.cleo.on.ca
Assaulted Women’s Helpline website
www.awhl.org

Where to get help
Police 911 (Where available)
24 hours a day, 7 days a week
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Check the front of your phone book for distress centres in your area.

ABUSE usually gets worse over time.
It will not STOP when your baby is born.