

Home
should
be a safe
place.



There is help 24-hours-a-day

Assaulted Women's Help Line	1-866-863-0511
Rape Crisis Centre	905-668-9200
Durham Region Domestic Violence/ Sexual Assault Care Centre	905-576-8711
Distress Centre Durham	1-800-452-0688
Kids Help Phone	1-800-668-6868
Durham Regional Police Services	911
Children's Aid Society	1-800-461-8140

Shelters/Hostel

Bethesda House	905-623-6050
Herizon House	1-866-437-4066
Muslim Welfare Home	905-665-0424
The Denise House	905-728-7311
Y's WISH Shelter	905-576-2997

Other Help

Family Services Durham	1-866-840-6697
Catholic Family Services of Durham	1-877-282-8932
WMRCC (Women's Multicultural Resource & Counselling Centre)	1-877-454-4035
Luke's Place	905-728-0978
YWCA APPLE Community Program	905-619-2556
Financial-Durham Region Social Services	1-877-678-6333
Durham Region Health Department	1-800-841-2729



DURHAM
REGION
HEALTH
DEPARTMENT
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durham.ca/health



If you require this information
in an accessible format, contact
905-666-6241 or 1-800-841-2729.

Home
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be a safe
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You don't
have to be
hit to be
abused.

If you are
hurting, your
children are
hurting too.

Abuse
comes
in many
forms.

Abuse can be:

Verbal
Emotional
Physical
Psychological
Sexual
Financial

They may:

- ▶ Become withdrawn or passive and keep secrets
- ▶ Have stomach aches and headaches
- ▶ Have low self-esteem
- ▶ Have trouble sleeping
- ▶ Under or over eat
- ▶ Bully others
- ▶ Blame themselves
- ▶ Harm themselves

Does your partner:

- ▶ Call you names, put you down, swear or yell at you?
- ▶ Make it difficult for you to go out, see friends or family?
- ▶ Throw things at you or hit the wall?
- ▶ Blame you for everything, even hurting you?
- ▶ Not listen when you say "no"?
- ▶ Keep you short of money or make you account for every penny?

