

EMERGENCY

Police – 911
24 hours-a-day
seven days-a-week

Anderson House Crisis Line

1-800-240-9894 (toll-free) or
902 892-0960 (Charlottetown area)
open 24 hours-a-day,
seven days-a-week.
All calls are confidential.



Abuse during pregnancy can ...

cause you to:

- feel sad and alone
- feel anxious
- feel bad about yourself
- not eat or sleep well
- turn to alcohol and drugs
- think about hurting yourself
- have pain and injuries
- lose your baby (miscarry)

and cause your baby to:

- be born too small
- be born too early
- be stillborn
- have injuries, such as broken bones
- have developmental and health problems
- be abused after birth

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

What can you do ...

- tell someone you trust
- what is going on
- find people to help you
 - friends and family
 - a public health nurse
 - a counsellor
 - a shelter for women
- if possible, have an emergency escape plan
- get help to leave the abusive relationship

Take steps to keep you and
your baby safe.

Make a safety plan to protect
yourself in case of an emergency.

Someone from the Crisis Line
will help you make a plan.

Where to get help ...

Anderson House Crisis Line
1-800-240-9894 (toll-free) or
902-892-0960 (Charlottetown
area) 24 hours-a-day,
seven days-a-week.

Outreach Services

902-838-0795 Eastern PEI (Montague)
902-566-1480 Queens (Charlottetown)
902-436-0517 East Prince (Summerside)
902-859-8849 West Prince (O'Leary)

All calls are confidential.

Phone numbers are also

in the front of your phone book.

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



*Are you and
your baby safe?*



Pregnancy Brings Changes in Relationships

Pregnancy is a time in many women's lives when there is excitement, anticipation and stress about a new baby coming into the world.

Pregnancy brings about many changes in a relationship.

It is important for a woman and her baby to have supportive, caring relationships.

Are YOU and your baby safe?

Does your partner ...

- yell at you?
- call you names or put you down?
- blame you for things when angry?
- break your things?
- threaten to hurt you, or others you care about?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?
- threaten to leave you?
- hurt or kill your pets?

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

Does your partner ...

- slap, hit or kick you?
- hurt your breasts, belly or between your legs?
- force you to have sex?
- promise it won't happen again?

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



**Talk to someone
you TRUST.**

There is support.

**You are not
alone.**