

# Abuse often starts or gets worse during Pregnancy

## Abuse is...

- Yelling and name calling
- Scaring and threats
- Throwing and smashing things
- Holding or restraining
- Hitting
- Making it hard for you to see family or friends
- Demanding sex
- Questioning everything you do
- Blaming you for the abuse



If you or someone you know is being abused

*Get help **NOW**  
before it gets  
worse.*

## In an emergency call 911

For information on support services in your community contact Public Health Services or visit the Transition House Association of Nova Scotia web site at [www.THANS.ca](http://www.THANS.ca)

Developed by: Single Parent Centre and New Start Domestic Abuse Counselling

Public Health Services

**NOVA SCOTIA**  
Health Promotion  
and Protection

[www.gov.ns.ca/hpp](http://www.gov.ns.ca/hpp)