

What you can do

- **Tell someone you trust** such as:
 - friends and family
 - your doctor or pre-natal teacher
 - counselors

Don't give up until you find the right person for you, someone who believes and supports you no matter what you decide.

- **Make a plan to protect yourself** in case of an emergency. Transition houses can help you with this.
- **Get help** to find a way for you and your child to be safe.

Remember

- Drugs, alcohol, a bad childhood, or personal problems are **no excuse** for abusive behaviour — but may make it worse.
- **It's not your fault.** Many women experience abuse. You are not alone.
- You and your baby deserve safety and support.

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

Where you can get help

In an emergency call 911.

If you or someone you know is being abused, contact one of the following crisis lines for help (24-hours, confidential).

Autumn House (Cumberland Co.) 667-1200

Bryony House (HRM, Halifax Co.) 422-7650

CASA - Citizens Against Spousal Abuse (Digby Co.) 245-4789

Cape Breton Transition House 539-2945
(Cape Breton & Victoria Co.) (toll free) 1-800-563-2945

Chrysalis House 679-1922
(Kings, Annapolis & parts of Hants Co.) (toll free) 1-800-264-8682

Harbour House 543-3999
(Lunenburg & Queens Co.) (toll free) 1-888-543-3999

Juniper House 742-8689
(Yarmouth & Shelburne Co.) (toll free) 1-800-266-4087

Leeside Transition House 625-2444
(Richmond & Inverness Counties) (toll free) 1-800-565-3390

Mi'kmaw Family Treatment Centre 863-8483
(Millbrook, Parts of Colchester Co.) (toll free) 1-800-565-4741

Mi'kmaw Family Treatment Centre 756-3440
(Whycocomagh, parts of Inverness Co.) (toll free) 1-800-565-3440

Naomi Society (weekdays) 863-3807
(Antigonish and parts of Guysborough Co.) (weekends) 867-4229

Tearmann House (Pictou, parts of Antigonish 752-0132
& Guysborough Co.) (toll free) 1-888-831-0330

Third Place 893-3232
(Colchester & parts of Hants Co.) (toll free) 1-800-565-4878

For more 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



Public Health Services

NOVA SCOTIA
Health Promotion
and Protection

www.gov.ns.ca/hpp
Aussi disponible en français

Pregnancy brings changes in Relationships



Are you and your baby *safe*?

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Abuse can occur at any time but often starts or gets worse during and after pregnancy

Does your partner

- scare or threaten you?
- yell at you?
- call you names?
- hold or restrain you?
- throw or smash things?
- hit you?
- make it hard for you to see family or friends?
- demand sex?
- question everything you do?
- blame you for the abuse?

Do you feel alone and have to keep the abuse a secret?

If you said **yes** to **any** of these questions you and your baby may be in danger.

Abuse, once it starts, it usually gets worse. As time goes on you may have fewer and fewer good times and more and **more abuse**.

Cruel behaviour towards you and the things you care about

Hurtful abusive words

Empty apologies promising never to hurt you again

Controlling behaviour about what you can and cannot do



You become more and more tense, never knowing what will trigger the next abusive incident

Possible effects of ABUSE during pregnancy...

- You ...**
- feel unloved and unlovable
 - feel sad and alone
 - feel you are crazy
 - suffer pain and injuries
 - lose your baby (miscarry)
 - blame yourself
 - feel bad about yourself
 - turn to drugs, alcohol or food etc. to escape

- Your baby...**
- may be born early
 - may be underweight
 - may have health problems

...and after birth your baby may be abused or see you be abused, which can be just as harmful to emotional health and well-being.