

What Can You Do When You Experience Abuse at Home?



MINIMIZE CONTACT

When you sense tension arising, avoid or minimize contact with the person who might cause you hurt.



FIND A SAFE SPACE

Stay in a room and lock the door.



STAY CONNECTED

Keep your phone with you at all times. If you are using a prepaid line, ensure that your phone credit is always sufficient.



EMERGENCY BAG

Keep an “out-of-sight” emergency grab bag containing important documents, medicine and money.



SHOUT FOR HELP

Do not remain silent when you are being physically abused. Shout for help. Someone will hear you.



SEEK NEIGHBOUR'S HELP

Identify a close neighbour that can support and assist you.



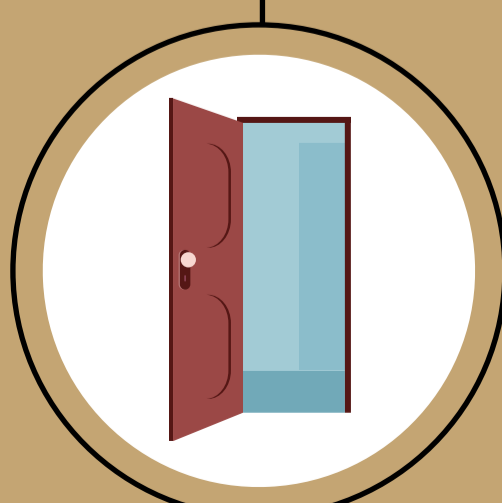
CALL SOMEONE DAILY

Make a point to call someone you are close to twice daily. The person will know something is amiss if there is no call from you.



SEEK REFUGE SAFELY

Identify a safe and secure place for you to seek refuge.



LEAVE THE HOUSE

When the situation allows, find a reason to leave the house and head to the nearest Family Service Centre or Police Station.