



Abuse often starts or gets worse during pregnancy.

Emotional abuse can lead to physical abuse.

All kinds of abuse can hurt you and your baby.

Abuse does not stop when the baby is born.

You and your baby deserve to be safe. Protect yourself and your baby.

What you can do...

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

Keeping silent keeps you alone. Talk to someone you trust.

There is support. You are not alone.