

Some signs that someone may be living with domestic violence during COVID-19



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- A mother withdraws from her normal activities with her children.
 - Your friend stops participating in the group chat.
 - You try to connect with a family member, but one person in their household monopolizes their only computer.
 - The abuser is the only one who leaves the home for walks or supplies.
 - You hear someone you care about tolerating more put-downs from their partner than usual.
 - Your neighbour asks about borrowing your car suddenly.
 - Your sister says her partner isn't letting her use disinfectants.
 - Your colleague shares misinformation about the public health requirements that their partner told them.
 - You hear abnormal sounds of conflict from your neighbour's house.
 - You notice during a FaceTime call, that your friend is using more makeup, maybe to cover a bruise.
 - Your friend has stopped using their camera on your check-ins, maybe to hide their black eye or other physical signs of violence.
 - Someone you know recently had an ex-spouse move back into their house claiming to have COVID-19 and having nowhere else to isolate.
 - You haven't heard lately from your friend at work.

*If you or someone you know is in immediate danger, call 911.
To speak with a women's shelter, call our 24/7 hotline at **1-866-331-3933**.
To locate a shelter near you, visit acws.ca/shelters or sheltersafe.ca.
If you suspect a child is at risk, you must report it. **1-800-387-5437 (KIDS)***