

# COVID-19 AND FAMILY VIOLENCE

Family violence might intensify when everyone is spending more time at home. But remember: there is help.

As family, friends, neighbours, and colleagues, we can reach out to our loved ones and be there to listen. We are in this together.

## SIGNS OF FAMILY VIOLENCE DURING COVID-19

During this time of isolation, it may be more difficult to detect signs of domestic violence. Some signs of domestic violence might include:

- A friend no longer accepts video calls from you.
- The abusive family member is the only one who leaves the home for walks or supplies.
- You hear abnormal sounds of conflict coming from your neighbour's home.
- Someone you know recently had an ex-spouse or partner move back into their house claiming to have COVID-19 or nowhere else to isolate.
- You haven't heard from your friend at work lately.

# ARE YOU CONCERNED ABOUT SOMEONE YOU KNOW?



# WHAT IS FAMILY VIOLENCE?

Family violence includes physical conflict, verbal threats and insults, emotional abuse, financial control, psychological abuse, sexual violence, stalking, and isolation from social supports such as friends and family.



# CONTACTS

## If someone is in danger

Family violence is a crime. If someone needs immediate assistance, don't hesitate to call:

**911**

## Family Violence Line

Get help anonymously in more than 170 languages 24 hours a day, 7 days a week, including weekends and holidays. Webchat available on website

**310-1818**

<https://www.alberta.ca/family-violence-find-supports.aspx>

## Family and Community Services

If you are experiencing stress related to family relationships or you're worried about someone you know, or if you just need someone safe to talk to – please call. We are open 7 days a week.

**780-464-4044**

[www.strathcona.ca/familyviolence](http://www.strathcona.ca/familyviolence)

## A Safe Place

A Safe Place is a shelter for women and children fleeing domestic violence. A Safe Place crisis line is open 7 days a week, 24 hours a day, including weekends and holidays.

**780-464-7233**