

# SELF-ISOLATING WITH AN ABUSER?



**Self - isolation can be a dangerous time if you are stuck in a house that is not a safe space, or if your abuser knows where you will be at all times. Experiences of violence and abuse may escalate during self-isolation.**

**CALL 911 IN AN EMERGENCY**

Try to find a safe room in your house that you can lock yourself in. Hide a phone in that room for times you may need to call the police.

**Pharmacies and grocery stores are still open. If you need help, and are able to, pass a note to the pharmacist or grocery attendant asking them to call the police. Wait until they arrive.**

Technology can be helpful but also harmful. Clear your browsing history, delete text messages, turn off any location settings on your devices and your social media accounts. Avoid the use of smart home technology and have any children in the home stay away from video games that have an online community and can be traced.

## REMEMBER: IT IS NOT YOUR FAULT!

**70% of family violence is NOT reported to the police**

Set up a text message code word or phrase with a trusted friend who can alert the police if you need help. *"Hey - did you guys end up playing that quarantine game you got?"* You can also put a red card or red piece of paper in your window to let people know passing by you need help.

**If you're able to and it's safe, gather important documents like your ID and Birth Certificates for yourself and any children, pack a small bag and put it in a concealed place in case you need to leave quickly for a shelter or for another safe location.**

Try and get outside as much as you can. Walk the dog, do yard work, sit on your balcony, ride your bike, give space between you and your abuser.

## YOU ARE RESILIENT

**During this time you may have to placate your abuser to stay alive and stay safe. Know that you are doing what you need to do to survive.**

## RESOURCES

**Sexual Assault Centre Kingston** [www.sackington.com](http://www.sackington.com)

24/7 1-877-544-6424

**Kingston Interval House** [www.kingstonintervalhouse.com](http://www.kingstonintervalhouse.com)

24/7 1-800-267-9445

**Lennox & Addington Interval House** [www.intervalhousenapanee.ca](http://www.intervalhousenapanee.ca)

24/7 613-354-1010

**Three Oaks Women's Shelter** [www.threeoaks.ca](http://www.threeoaks.ca)

24/7 1-800-267-0333

**Victim Services of Kingston & Frontenac**

[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)

24/7 911 & 613-548-4834 Business Hours

