

DURING **COVID-19** RESTRICTIONS, THOSE EXPERIENCING **DOMESTIC VIOLENCE** IN NELSON BC ARE AT GREATER RISK.



FOR THOSE IN ABUSIVE RELATIONSHIPS, STAYING HOME CAN BE FAR FROM SAFE.

Help is available. Contact Aimee Beaulieu Transition House to talk about how to keep safe or to plan for your safe escape. If you are in immediate danger, call Nelson Police by dialing 911.

PHYSICAL DISTANCING & ISOLATION MEAN LESS ACCESS TO THE SUPPORT OF FAMILY & FRIENDS.

You are not alone. Maintaining a safe connection through calls and text is even more important during these challenging times.



WEAR A MASK, BUT DON'T COVER UP DOMESTIC VIOLENCE.

If you, a friend, or a family member needs help, please reach out. Confidential, secure support is available 24/7.

PHONE

250-354-HELP

Transition House 24/7 Support Line

TEXT

(778) 608-3900

7 days/week, 8:30am to midnight

ONLINE CHAT

bit.ly/ABTH-Chat

7 days/week, 8:30am to midnight

► IF YOU ARE IN IMMEDIATE DANGER OR FEAR FOR YOUR SAFETY, CALL 911 ◀