

Warning Signs

Below are signs that may indicate that a friend or family member is in an abusive relationship. If you suspect that a friend or family member is in an abusive relationship, please call Nelson Police Department at 250-354-3919 or Victim Services at 250-505-5657.

Physical

- Permanent disability (blindness, deafness, epilepsy, loss of mobility)
- Broken bones and/or teeth
- Head or spinal injuries
- Cuts, headaches, concussion, bruises
- Hiding injuries

Emotional

- Living in constant fear
- Feelings of shame, guilt, or embarrassment
- Low self-esteem
- Depression
- Eating and sleep problems
- Loss of energy
- Self-blame and self-harm
- Suicidal thoughts/tendencies

Financial

- Limited access to money or a car
- No access to bank accounts
- Forbidden to attend work
- Has no control over how money is spent
- No child support

Sexual

- Poor body image and low self-esteem
- Inability to have healthy sexual relationships
- An unplanned pregnancy
- Reproductive and gynecological problems

Spiritual

- Loss of sense of self
- Feeling of hopelessness and isolation
- Loss of culture
- Loss of connection to faith and/or community

The abused might

- Make excuses for the abuser's behaviour
- Be nervous talking when abuser is there
- Seem sick and miss work
- Try to cover bruises and injuries
- Make last-minute excuses about why the abuser can't meet you
- Seem sad, lonely, withdrawn and afraid
- Use more alcohol or drugs to cope

The abuser might

- Put their partner down
- Dominate conversations
- Try to keep partner away from friends and family
- Lie to look good
- Always be around their partner