

## Getting Help

If you are a victim of an unhealthy relationship (mental, physical, emotional, sexual, etc.) you are not alone, you are not to blame and you do not deserve to be treated this way. Contact the following agencies for help (call collect if you need to). All services are confidential. However, if the worker feels your life is in danger, they are required to report it to authorities.

**Alternatives**, Bridgewater: 543-7444.  
Help and support for men and women around relationships.

**Children's Services**, Lunenburg County: 543-4554. Help and support for boys and girls under 16.

**Sexual Health Centre**, Bridgewater: 527-2868. Support, information, referrals, resources, and presentations for males and females, all ages.

**Harbour House** (shelter), Bridgewater: 543-3999 or toll-free 1-888-543-3999, 24 hours a day. Shelter, counselling, support groups, children's programs, and advocacy for abused women and their children. *You do not have to be living in the shelter in order to use many of their services.*

**Second Story Women's Centre**, Lunenburg: 640-3044. Support counselling, information and referrals for women.

**Police** (See back page for phone numbers or call 911 for emergencies.)

**To report violence call 911**

### General Inquiries:

**Bridgewater Police:** 543-2464

### RCMP

Bridgewater area: 527-5555

Lunenburg/Mahone Bay areas: 634-8674

Chester area: 275-3583

## SEXUAL HEALTH CENTRE

Lunenburg County

4 Hillcrest Street, Unit 8

Bridgewater, NS B4V 1S9

(902) 527-2868

LunCo@NSSexualHealth.ca

www.theSHaC.org

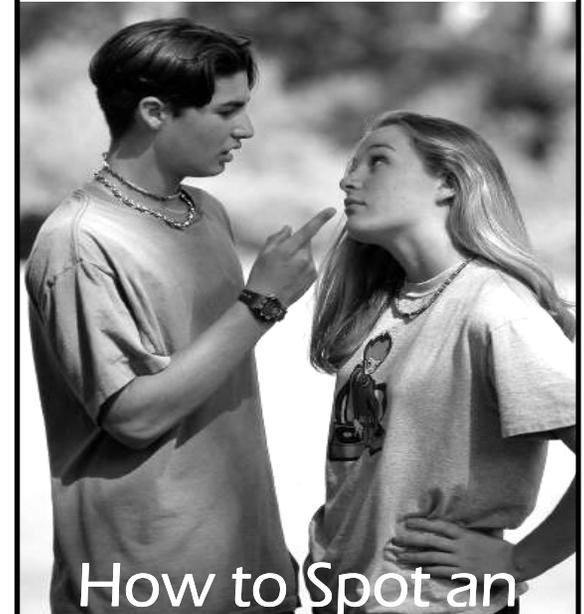
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The **SHIFT** project series of pamphlets funded by:



United Way of Lunenburg County



# Read the **Warning Signs**



## How to Spot an **Unhealthy Relationship**

**SEXUAL HEALTH CENTRE**

Lunenburg County

*Your source for sexual health information*

**AM I at RISK?**  
**You may be, if**  
**your partner:**



- ◆ Is jealous and possessive.
- ◆ Tries to control you or never considers your opinions.
- ◆ Tries to isolate you from family and friends and tells you who you can see and when.
- ◆ Makes you afraid of how s/he will react to things you do or say.
- ◆ Has threatened to harm you, family members, or your pets.
- ◆ Has a quick temper and history of violence.
- ◆ Pressures you to do things you don't want to do.
- ◆ Likes to make fun of you in front of others and/or in private.
- ◆ Blames you for his/her problems and feelings, or blames you when s/he treats you badly.
- ◆ Grew up witnessing abuse or was the victim of abuse.

**FACT: 33% of teenagers experience physical violence in dating relationships.**

**If you are in an unhealthy or abusive relationship:**

- ◆ Take it seriously. **If you are in immediate danger, call 911.**
- ◆ Try talking to someone about it, such as a parent, friend, church leader or school counsellor. You are not alone.
- ◆ Young women can get help from a women's shelter for restraining orders, safety plans, education, support and other services.
- ◆ There is less help for young men because it is less common (or less reported). Guys can call the police non-emergency line or Children's Services.

**FACT: 30% of young women who are murdered are killed by their husband or boyfriend.**

**FACT: 60% of rapes are committed by acquaintances (someone the victim knows) and most victims are between 16 & 24 years old.**

**If you suspect someone is in an unhealthy relationship:**

- ◆ Voice your concerns to that person.
- ◆ Don't force them to break up until they are ready to do so on their own terms.
- ◆ Tell them that they do not have to face the situation alone.
- ◆ Offer your support and guidance, & help them find good resources.
- ◆ Educate yourself about unhealthy and abusive relationships.

