

# *Abuse often starts or gets worse during Pregnancy*

## **Abuse is...**

- Yelling and name calling
- Scaring and threats
- Throwing and smashing things
- Holding or restraining
- Hitting
- Making it hard for you to see family or friends
- Demanding sex
- Questioning everything you do
- Blaming you for the abuse



If you or someone you know is being abused

*Get help **NOW**  
before it gets  
worse.*

## **In an emergency call 911**

For information on support services in your community contact Public Health Services *or* visit the Transition House Association of Nova Scotia web site at [www.THANS.ca](http://www.THANS.ca)

Developed by: Single Parent Centre and New Start Domestic Abuse Counselling

Public Health Services

**NOVA SCOTIA**  
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[www.gov.ns.ca/health/PublicHealth](http://www.gov.ns.ca/health/PublicHealth)