

What I'm experiencing is abuse

Abuse is about **power and control**.

It can be emotional, financial, psychological, digital, physical, verbal, or sexual. Examples include name-calling, unwanted contact, tracking your location, and controlling money.

Help is available 24/7! If you or someone you know is experiencing abuse, call Victim Services of Peel at **905-568-1068**.

peelregion.ca/BreakTheSilence

This campaign was developed in collaboration with community partners.



There is help to deal with abuse

There is an experienced network of confidential services that can help you deal with an abusive situation.

Help is available 24/7! If you or someone you know is experiencing abuse, call Victim Services of Peel at **905-568-1068.**

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Abuse can happen to anyone

Abuse can happen to anyone regardless of their age, cultural background, religion, sexual orientation, gender, or social status. Violence and abuse are **never acceptable** or excusable.

Help is available 24/7! If you or someone you know is experiencing abuse, call Victim Services of Peel at **905-568-1068.**

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