

## HELP IS AVAILABLE

### *Interpersonal violence and abuse*

Call 2-1-1, text 2-1-1, web chat or search independently through [sk.211.ca](http://sk.211.ca) to connect with services and supports in your local area. Trained professionals are here to help you find community non-clinical health, and government services - 24 hours a day, 7 days a week, 365 days a year. Over 175 languages, including 17 Indigenous languages are available over the phone.

Need help? It's just a click, call or text away.  
Phone: Dial 211 from a landline or cell phone  
Web Chat: Visit [sk.211.ca/contact\\_us](http://sk.211.ca/contact_us) to start your chat  
Text: Text "Hello" to 211  
Out-of-province phone call: Dial 1-306-751-0397

**For emergency assistance: Call 911**

### *Animal cruelty*

If you suspect an animal is being neglected or abused, contact the appropriate authority in your area:

#### **Pets in the following cities:**

<b>Regina Humane Society</b>	<b>Saskatoon SPCA</b>
306.543.6363	306.374.7387

#### **Pets (all other locations):**

**Animal Protection Services of Saskatchewan**  
1.844.382.0002 (toll free in SK) or 306.382.0002

#### **Livestock (anywhere in the province):**

**Animal Protection Services of Saskatchewan**  
1.844.382.0002 (toll free in SK) or 306.382.0002

#### **Emergency/after hours**

Please contact your local police or RCMP detachment



## ANIMAL SAFEKEEPING

The Saskatchewan SPCA builds partnerships between animal and human service providers, with the goal of helping to protect both humans and animals from violence.

**For further information on the relationship between animal abuse and domestic violence, please contact:**

**ViolenceLink.ca**

#### **Saskatchewan SPCA**

1.877.382.7722 (toll free in Saskatchewan) or 306.382.7722

#### **STOPS to Violence**

306.565.3199

#### **Provincial Association of Transition Houses and Services of Saskatchewan (PATHS)**

306.522.3515

#### **Veterinary Social Work Program Western College of Veterinary Medicine**

306.966.2852



**Community  
Initiatives Fund**

The Community Initiatives Fund invests in the quality of life of Saskatchewan residents by offering grants for community projects that help support community development, inclusion, leadership and vitality.



**SASK  
SPCA**

Box 37, Saskatoon, SK S7K 3K1  
1.877.382.7722 or 306.382.7722  
[saskspca.ca](http://saskspca.ca) | [info@saskspca.ca](mailto:info@saskspca.ca)



What ***you*** need  
to know about

 **theLINK**



## ARE YOU OR SOMEONE YOU KNOW BEING ABUSED?

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Are you constantly apologizing for your partner's behaviour, especially when he or she has treated you badly?
- Do you have to justify everything you do, everywhere you go, and everyone you see just to avoid your partner's anger?
- Does your partner put you down, but then tell you that he or she loves you?
- Have you ever been hit, kicked, shoved, or had things thrown at you?
- Do you not see friends or family because of your partner's jealousy?
- Have you ever been forced to have sex?
- Are you afraid to break up because your partner has threatened to hurt you or himself or herself?
- Has your partner ever threatened your life or the life of someone close to you?
- Has your partner deliberately injured your pets or threatened to kill them?

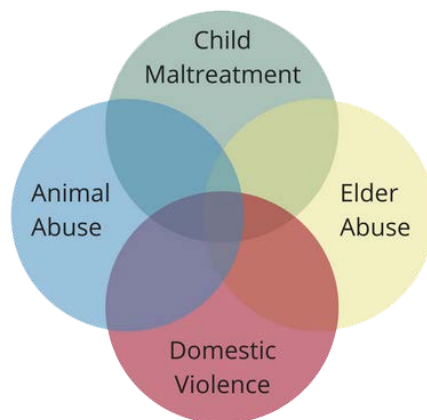
**You are not alone. There is help available for anyone who suffers in an abusive relationship.**

## ANIMAL ABUSE: A FORM OF FAMILY VIOLENCE

There is a growing understanding of the interrelationship between domestic violence, animal abuse, child abuse, and elder abuse. This interrelationship is often referred to as "the Link." According to Phil Arkow, Coordinator of the National Link Coalition, "when animals are abused, people are at risk. When people are abused, animals are at risk" (Arkow, 2013).

Animals may suffer directly from neglect or other forms of cruelty. In addition animals can be used as a tool for the abuser to control and punish the victim. Threats of violence towards a cherished pet could prevent victims from leaving or coerce them into returning to the home. Victims may also be forced to remain silent with threats to harm the animals if the violent behaviour is reported.

Pets are seen as part of the family, making it hard for many victims of abuse to leave the home knowing their pet is left behind. Even in situations where the pet is being cared for in a safekeeping program, there can be a heart-breaking impact on the adults and children in the family as they are deprived of a valuable source of comfort during a time of stress and turmoil.



When acts of violence occur in one of these areas, it is usually not an isolated incident.  
**These acts are "linked."**

Graphic provided by National Link Coalition, [www.nationallinkcoalition.org](http://www.nationallinkcoalition.org)

## SAFETY PLANNING FOR YOU AND YOUR PET

Take steps now to help ensure you are prepared to leave in an emergency.

- Take a photocopy of important documents:
  - Passports, health cards and birth certificates for all family members
  - Bank information, lease/rent agreements, mortgage papers
  - Divorce papers, custody information, court orders, restraining orders
- Have an emergency bag packed and ready to go, with medications, prescriptions and medical records for everyone.
- Keep your wallet or purse nearby, along with car/house/office keys, cell phone and charger.

### If you own pets:

- Try to remove the animals from the situation as soon as possible.
  - Ask trusted friends or family members to care for animals temporarily.
  - Contact a kennel to make arrangements to have pets boarded.
  - Talk with local veterinarians, SPCAs/Humane Societies, and animal rescues to determine if they can provide animal care.
- Gather supplies that might be useful if you have to leave quickly with your pet: a carrier, a favourite toy, bedding, a collar and leash, medications.
- Prepare a list of things a temporary caregiver should be aware of, including the pet's daily routine, diet and feeding schedule, medical conditions and treatments, or behaviour issues.
- If animals are being threatened, keep any evidence you may have (such as photos, emails, or voice mail messages) to provide to police.
- Gather receipts or paperwork related to the purchase or care of pets to help prove ownership.