Dealing with Domestic Violence or Family Violence?

Learn the signs of an unhealthy relationship and BREAK THE SILENCE.

For confidential information and help, call: 1-877-397-0007
TTY 1-888-887-2829

If you are:

• in crisis
• just want to talk about your situation
• or want to talk about the situation of someone you care about
call the provincial 24-hour domestic violence crisis/information line for free, confidential help.

1-877-977-0007
TTY 1-888-987-2829

What is domestic violence?

Domestic violence happens when people in intimate relationships (currently or previously dating, married or living together) use abusive behavior to control or hurt their partners.

Domestic violence happens to women and men of all ages, cultures, income levels, religions and abilities. It can happen in heterosexual and same-sex relationships. Women, younger adults, people with disabilities, and recently separated women and men, are even more at risk for abuse.

What is family violence?

Other forms of abuse that happen within families can also have serious effects, for example elder abuse, abuse by immediate and extended family members, etc. Services are also available if this is happening in your family.

Who does it affect?

Domestic violence can affect many others besides the victim. These include other family members, friends, neighbours, co-workers and pets.

Domestic violence often affects children. They are more likely to develop behavioural problems, and may grow up believing abuse is part of a normal relationship.

This information is available in alternate formats upon request. Contact: mswr@mb.ca

For more information, visit: manitoba.ca/stoptheviolence

Updated December 2015

Revised December 2015

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Do you know someone who is being abused?

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