

***Believe
Ask
Connect***

***Believe* them:**

If someone tells you about experiencing family violence, you should believe them.

***Ask* them what they want to do:**

If a child tells you about violence, they **cannot** decide what to do for themselves. It is your responsibility to tell the police. If an adult is being hurt, they should decide what they would like to do next, and when.

***Connect* them to supports:**

When someone decides that they need help, you can be the friend that helps them connect to services.

To find out more about how you can help, visit www.pauktuutit.ca

Free Canada-wide help numbers:

Kids Help Phone.....1-800-668-6868

Mental Health Crisis Line1-888-893-8333

Suicide and Crisis Hotline.....1-800-448-3000