PFVB1579

If you suspect abuse and are aware of any of the risk factors listed on the other side of this card, call the 24-hour **Family Violence Info Line at 310-1818**, toll-free in Alberta, to find out how you can help.

If you suspect a child is being abused, neglected or exposed to family violence, report your suspicions immediately. Call your local Child and Family Services Authority, the 24-hour **Child Abuse Hotline at 1-800-387 KIDS (5437)**, toll-free in Alberta, or the police.

Alberta

You can help.

END the silence

STOP the violence

A message from Alberta Children and Youth Services

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Possible Signs of Family Violence

Health care providers are in a unique position to recognize signs of family violence in their clients:

- Unexplained bruises, burns or cuts
- Avoidance of eye contact or physical contact
- Depression, anxiety or mood swings
- Problems sleeping
- Alcohol, drug use or misuse

Factors that may increase risks for victims

- Physical abuse
- Children exposed to family violence in the home
- Alcohol or drug use by the abuser
- Recent or pending separation
- Escalating threats by the abuser
- Threats of suicide or homicide by the abuser
- Isolation
- Increasing fear by the victim, or a feeling of hopelessness
- Access to guns or other weapons in the home

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