



Things You Can Do If You See the Signal

1. Call them and ask questions that can be answered with “yes” or “no”. This may reduce risk if someone is listening. For example:

“Would you like me to call 911?”

“Would you like me to call a shelter on your behalf?” (Find a shelter in your community by visiting Shelter Safe website)

“Should I look for some services that might help you and call you back?” (Find some services you can reach out to, such as Assaulted Women’s Helpline 1.866.863.0511 in Ontario)

2. Use another form of communication such as text, social media, WhatsApp, or email and ask general questions. This may reduce risk if someone is watching the person’s device or accounts. For example, you can ask:

“How are you doing?”

“How can I help you out?”

“Get in touch with me when you can.”

3. Other questions you can ask:

“Do you want me to reach out to you regularly?”

“How else can I support you?”