If you have a friend or neighbour who you feel is treating their child or children too roughly, you can speak to them gently to suggest other means of punishment that is less traumatic for the child. Many parents or guardians punish in anger when they have less control over their actions and, by showing your support, you may be able to alleviate their stress.

**Sexual Assault**

Victims of sexual assault are very often so traumatized by the incident that they cannot make the best decisions.

While you cannot make them call the police, you can encourage them to see a doctor right away and show your support by offering to accompany them through the different processes.

The Crisis Centre can assist victims of sexual assault by offering counselling and advice and ensuring that he or she receives the best treatment and ongoing support.

The Crisis Centre offers free counselling to men, woman and children who are experiencing any form of abuse or family violence.

If you would like more information on how you can become involved, please call The Crisis Centre on 328.0922
Why we should stand up and not stand by

Edmond Burke, many years ago stated “evil prevails when good people do nothing”.

As members of our community, we have a responsibility to help and support men, women and children who are being abused or who are hurting. We are our brothers' and sisters' keepers.

There are several ways in which we can do this, either collectively or individually.

We can join or support groups who advocate for change in the legal system, changes that will offer more protection for men, women and children.

We can also post on social media websites to share information on different forms of abuse and the effects such abuse has on a nation as a whole.

How we can be involved

Individually, we can assist family, friends and neighbours in different ways.

**Domestic Violence**

If you know of someone who is being abused, you can help by firstly advising him or her to call the Crisis Centre and ask to see a counsellor. Many victims of domestic violence are hesitant and afraid to ask for help for many reasons and, as a friend, you might be able to encourage him or her to make that first move in getting help.

If the situation is critical and the victim is in a crisis situation, it is important that you do not try to intervene in an incident of domestic violence as you may well be hurt yourself. It is important, however, that you call the Police and give them full details of the situation and request their immediate intervention.

**Child Abuse**

There are several types of child abuse and all can have devastating effects on a child.

If you suspect or know that a child is being abused, either sexually, physically, emotionally or is being neglected, you should report your concerns. You can either call the Crisis Centre or the Child Abuse hotline on 322-2673.

You may be saving a child's life.