



With COVID-19 restrictions keeping families home, 1 in 10 women say they are “very or extremely” concerned about the possibility of violence in their home due to the stress of confinement, according to a [Statistics Canada](#) survey about the impacts COVID-19 released in early April.

Here are some resources you can access in Halton and beyond to keep you connected and prepared.

Crisis Lines:

<https://www.mississaugahaltonhealthline.ca/listServices.aspx?id=10889>

SAVIS (Sexual Assault & Violence Intervention Services of Halton - Oakville):

A registered charity that provides free, confidential, non-judgmental, 24 hour support and counselling services for female-identified, male-identified and gender fluid survivors of violence, as well as support people of survivors.

<https://www.mississaugahaltonhealthline.ca/displayService.aspx?id=92417>

Women’s Centre:

Halton Women’s Place is an organization providing shelter and crisis services for physically, emotionally, financially and sexually abused women and their dependent children and is dedicated to ending violence against women and their children

<https://haltonwomensplace.com/>

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Shelter Safe:

ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support.

<https://www.sheltersafe.ca/ontario/>

Other Contacts:

<https://www.mississaugahaltonhealthline.ca/listservices.aspx?id=10669>

Apps:

Apps which can not only help survivors record abuse as evidence, but also help them identify abuse so they might be able to get out before evidence is ever needed.

<https://www.domesticshelters.org/articles/technology/lifesaving-apps-for-survivors-of-domestic-violence>