

## HIGH-RISK SITUATIONS

**High-risk situations can lead to life-threatening incidents.**

**Please read this list carefully and check all that apply**

- My partner has access to weapons: guns, hunting/kitchen knives, household tools, crossbows, bats, plastic bags, rope and poisons
- My partner threatens me with weapons
- My partner has put pressure on my neck (with their hands or an object in a 'choking or strangling' manner)
- My partner threatens to torture, mutilate or kill my pet
- My partner confines me/my children against our will
- My partner threatens to kill me, my family, friends and/or pets
- My partner daydreams or talks about death and dying. Write down the details of your partner's fantasies with dates and times
- My partner follows me
- My partner might know that I plan to leave
- I recently left my relationship with my partner

**If you have checked any of the boxes above, it's time to talk to someone.**

**Every 6 days** a woman is killed by her intimate partner in Canada. **Your life is valuable.** Please reach out today.

Please contact one of our network partners for guidance on what to do. Find the listing of services in the back of this handbook or by scanning the QR Code or visiting:  
[ccrc-ptbo.com/pdan/help-available](http://ccrc-ptbo.com/pdan/help-available)

