



Unsure if you are **safe at home?**

Feeling constantly **fearful?**

Having trouble **thinking clearly?**

**YOUR BRAIN MAY
BE ON HIGH ALERT**

Changes and restrictions due to COVID-19 may be activating your **threat response**, which limits your ability to think clearly and make rational choices using your pre frontal cortex. This can impact your ability to feel safe and stay safe, especially if there is a threat of violence in your home or community. Contact a Violence Against Women service to connect with support, assess your risk and increase your safety:

Find a shelter: www.sheltersafe.ca

Assaulted Women's Helpline: 1-866-863-0511

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