



FAMILY SERVICE TORONTO

For People. For Change.

It's Not Your Fault!!

Support for women with intellectual disabilities who are living with abuse

Is someone in your life hurting you by hitting, scratching, pushing or kicking you?
This is **Physical abuse**.

Is someone calling you names, putting you down, teasing you or ordering you around? This is **Emotional abuse**.



Is someone touching private parts of your body, or making you do sexual things that feel wrong? This is **Sexual abuse**.

Are there things you need help with that someone isn't doing for you? These could be things like getting help with getting dressed or buying things you need. This is **Neglect**.

There are more types of abuse, and they all make you feel bad.



It can be hard to tell people you have been abused. You might think they won't believe you, or that they will say it's your fault.

We believe you. It's not your fault. No one has a right to hurt you!

Family Service Toronto has counsellors who can listen to you, let you talk about how you feel and help you figure out what to do.



Please call (416) 586-9780 ext 446
or our intake line at
(416) 595-9618 to find a
counsellor to meet with you.

