

# NOT It's 'easy to leave an abusive relationship.

**Fact:** It can take an average of seven tries to leave an abusive situation. Survivors of abuse may feel isolated and trapped, making it difficult to get help.

**There is help available!** If you think someone is experiencing abuse, call Caledon\Dufferin Victim Services at **(905) 951-3838**.

**[peelregion.ca/BreakTheSilence](https://peelregion.ca/BreakTheSilence)**

This campaign was developed in collaboration with community partners.



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