

## About Us



Chrysalis House provides crisis, shelter, outreach and transitional support to women and their children who have experienced or are at risk of experiencing violence and abuse.

We work with individuals, organizations, and businesses in our community to end violence against women. We provide public education sessions and information about violence against women to individuals and organizations upon request.

We believe in the right of women to determine their own path to a life free from violence and abuse.

We believe by actively working together we can build safer, stronger communities for everyone.

**For more information:**  
[www.chrysalishouseassociation.org](http://www.chrysalishouseassociation.org)



## Resources

<b>211 Nova Scotia</b>	<b>211</b>
<b>NS Provincial Mental Health Crisis Line</b>	<b>902.429.8167</b>
<b>Kids Help Phone</b>	<b>800.668.6868</b>
<b>The Trevor Project (LGBTQ+ Hotline)</b>	<b>866.844.7386</b>
<b>Portal Youth</b>	<b>902.365.3773</b>
<b>Chrysalis House</b>	<b>902.679.1922</b>
<b>Open Arms</b>	<b>902.365.3665</b>
<b>The Red Door</b>	<b>902.679.1411</b>
<b>VANSDA</b>	<b>902.678.7410</b>
<b>Hope For Wellness Help Line</b>	<b>855.242.3310</b>
<b>Millbrook Family Healing Centre</b>	<b>24 Hour Help Line: 902.893.8483</b>
	<b>Toll Free: 800.565.4741</b>



## Creating a Safer COMMUNITY

**“The greatness of a community is most accurately measured by the compassionate actions of its members.”**

**Coretta Scott King**





## Creating a Welcoming Environment

Here are some suggestions to make a space more comfortable... for everyone.

Offer comfortable seating options

Furnish with warm, soothing colours

Use soft lighting

Ensure exits are visible and easily accessible

Use positive language and inclusive symbols

Offer a space for privacy if possible

Check-in with coworkers/friends/clients

Offer information for community resources

Have accessible routes for individuals with disabilities

Treat everyone with respect

## Signs of Distress

### Emotional Signs

Direct statements about sadness, irritability, or anxiety

Noticeable difference in emotions

Loss of interest in activities they used to enjoy

Expressed desire to hurt self or others

More withdrawn or animated than usual

Angry or hostile outbursts

Increasingly demanding or dependent behaviour

Trouble concentrating or completing important tasks

### Physical Signs

Unexplained injuries (e.g., bruises, cuts, burns)

Unusual inability to maintain eye contact

Excessive smoking/drinking/drug use

Low energy or fatigue

Frequent or chronic illness

Noticeable change in speech (slowed or rapid)

Neglect of personal hygiene



## How Can You Help?

Listen Non-Judgementally - this allows the individual to sort out their feelings

**"I'm listening if you want to talk."**

Reflect Back - this allows the individual to feel heard and valued

**"I want to make sure I understand. You are saying..."**

Be Empathetic - validate their feelings and provide support

**"I can only imagine how distressing that must be..."**

Give Positive Affirmations

**"You're handling this well. This is an example of the strength you have."**

Explore Options

**"What do you need right now?"**

**"Can I do anything for you?"**

**"What would you like to see happen now?"**

Select a First Step or Make a Plan

**Meet an immediate need: Supply a blanket, hot beverage, etc.**

**Encourage them to take deep breaths**

**Call a trusted person**

**Distract them: music, deep breathing, grounding exercise, etc.**

If someone is actively suicidal or exhibiting unsafe behaviours

**Call for help**

**911**

