



# We Need to be Safe

Intimate partner violence  
affects the whole family

Intimate partner violence during pregnancy can cause direct or indirect injury to the fetus. This violence can result in:

- miscarriage
- stillbirth
- broken bones in the fetus
- preterm labour
- premature rupture of the membranes, increasing the risk of infection and preterm delivery
- hemorrhage in the fetus
- low birth weight

In addition to physical harm, violence can result in emotional harm, including anxiety, depression, sleeplessness, and reduced appetite. These emotional harms can have health risks for a pregnant person and the developing baby. People who are abused during pregnancy are at a high risk for developing postpartum mental health issues.

If you or someone you know is experiencing intimate partner violence, help is available. **If you or someone you know is in immediate danger, call 911.**

For information on available services and support related to intimate partner violence, call or text 211 or visit <https://abuse.sk.211.ca/>. For information about shelters, counselling and support centres, and programs for people who use violence, visit <https://pathssk.org/get-help-now/>.

For more information about violence and violence prevention, including intimate partner violence, please scan the QR code or visit <https://skprevention.ca/domestic-violences/#pregnancy-and-domestic-violence>.

