

Social Post Copy (EN)

Facebook/Instagram/LinkedIn:

Isolation can increase the risk of violence at home. If this is the case for you, use this signal on a video call to show you need help. If someone gives you this signal on a video call, visit canadianwomen.org/signal-for-help to learn how to check in safely and find support resources in your community. #SignalForHelp #COVID19

Twitter:

Home isolation can increase the risk of violence. If this is the case for you, use the signal on a video call to ask for help. If someone gives you the signal, visit canadianwomen.org/signal-for-help to learn how to check in safely and find support resources. #SignalForHelp #COVID19

Instructions for Instagram Stories: Please add the 4 visuals in numerical order to your story, and on the last one, please detail the URL of your local, regional, or national resource page.