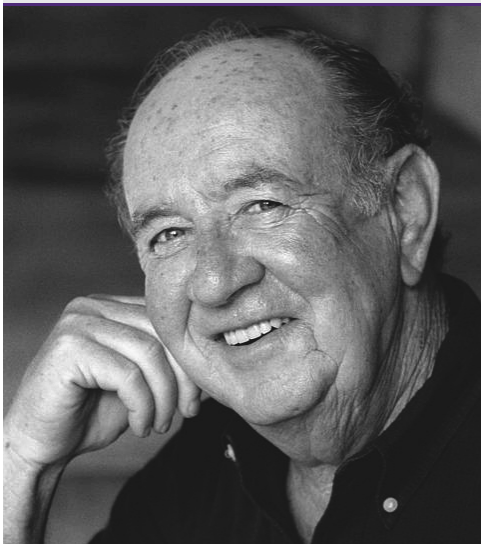


# Protect yourself from abuse.



# Stay Connected

[www.eapon.ca](http://www.eapon.ca)



Elder Abuse  
Prevention  
Ontario

Elder Abuse Prevention Ontario  
416-916-6728 | @EAPreventionON

# Protect Yourself from Abuse by:

- Staying touch with friends and family.
- Staying times for regular phone calls or visits with loved ones and friends.
- Joining a group and meeting new friends.
- Staying physically and mentally active.
- Volunteering and sharing your skills.
- Becoming involved in community programs and finding out what resources are available.

*If you are being abused, you are not alone, help is available.*

**For emergencies, dial 911**

For Safety Planning and learning about local resources, dial the toll free



**1-866-299-1011**

24 hours a day 7 days a week 150 languages

**Other agencies that can help include: OPP 1-888-310-1122  
Senior Crime Stoppers: 1-800-222-TIPS (8477)**