

# Watch for the sign when you meet online

## Isolation can increase the risk of violence at home

Use this signal on a video call to show you need help if you are experiencing violence at home. If someone gives you this signal on a video call, visit [canadianwomen.org/signal-for-help](https://canadianwomen.org/signal-for-help) to learn how to check in safely and find support resources in your community.

#SignalForHelp #COVID19



1. Palm to camera and tuck thumb



2. Trap thumb

THE  
VIOLENCE  
AT HOME  
SIGNAL  
FOR HELP

*Use this signal to ask for help on a video call without leaving a digital trace.*

*If you see this sign on a video call, find out how to help.*

If you or someone you know is in immediate danger, call **911** or your local emergency services (police, fire, ambulance).

The #SignalForHelp campaign was launched by the Canadian Women's Foundation and is being shared on behalf of the MGEU Women's Committee.

[mgeu.ca](https://mgeu.ca)

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