

[Envision Notes Increase in Domestic Violence Related Calls](#)

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Christa Daku is the executive director of Envision Counselling and Support Centre. (file photo)

While the province has embraced the concept of self-isolation and physical distancing to help limit the spread of COVID-19, another side of the effort to flatten the curve is starting to come to light, and it isn't a pretty one. Envision Counselling and Support Services has noticed a dramatic increase in the number of calls they have received about domestic violence.

"It's really unfortunate, but isolation is one of the key factors of being in an abusive relationship, and when people are isolated, there are additional risk factors," explained Christa Daku, the Executive Director of Envision.

Daku said one of the best things someone who is in an abusive situation can do is reach out for help. The counsellors with Envision are trained in safety planning and are available for a phone call to help set up possible ways to eliminate violent situations.

The increase in calls is also increasing the workload for the counsellors at Envision, a group that Daku called rockstars for their ability to cope with the situation.

"It's not easy for any of us because obviously we all have our own stuff that comes along with this personally, but I think as a team we rely on one another and we have a really healthy team," Daku said. She added they all debrief situations together, and lean on each other for support.

Those you need help, or if you know someone who needs help, you can contact the Envision Counselling and Support Centre by phone at (306) 842-8821, or by email through infor@envisioncounsellingcentre.com.