
BREAK AND ENTRY

- **Have you contacted the police?**
 - Police will ask questions as part of the investigation to access and evaluate the situation
 - You may be able to get your property returned or receive some compensation from the offender
 - Police can provide case status information
- **Have you contacted your local Victim Assistance Program?**
 - They can provide support:
 - A listening ear
 - Comfort
 - Crisis Intervention
 - Court Accompaniment
 - Ongoing support
 - Follow-up
 - They can provide information regarding:
 - The effects of trauma and victimization
 - Home/ business security and inspections
 - A request for restitution program
 - Court preparation
 - Victim impacts statements
 - Criminal Injuries compensation
 - They can provide referrals to:
 - Community agencies
 - Counselling services
 - Medical or Legal Advice
 - Support groups
- **Do you need more information on home security?**
 - Consider becoming involved in your local block watch or Neighbourhood Crime Watch Prevention Program
 - Arrange for home security inspection
 - For more information contact local Police or Victim Assistance Program
- **Are you feeling frightened?**
 - Stay at a friend or family members or have someone stay at home with you
 - Talk to your family and/or friends for support
- **Are you or your family experiencing signs of stress – difficulty sleeping, stress, anxiety?**
 - May want to contact family physician for advice or referral
- **Are your children experiencing the same feelings?**
 - Encourage children to share their feelings
 - Contact a doctor to help deal with these feelings
- **Are you interested in making your home more secure?**
 - Add extra outdoor lighting
 - Get deadbolt locks on doors
 - Ensure sliding doors and windows cannot be forced or lifted out of their frames
 - Obtain more information on home security from your local police department or attachment

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