

**Updated December 6, 2024 | Mise à jour le 6 décembre 2024**

If you or someone you know are in a dangerous situation, know that there is help if you need it. Below is a list of services that will guide you to resources available in your respective provinces to assist, if needed.

Si vous ou quelqu'un que vous connaissez est dans une situation dangereuse, sachez qu'il y'a de l'aide si vous en avez de besoin. Vous trouverez ci-dessous une liste qui vous guidera vers les ressources disponibles dans vos provinces respectives pour vous aider, si nécessaire.

**Website links from | Lien vers les site web de :**

<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html>

Provinces	Important Numbers / Numéros importants	Links to Services / Liens aux services
<b>Alberta</b>	<ul style="list-style-type: none"> <li>Family Violence Information Line: 1-780-310-1818 (toll-free, 24/7, multilingual service available)</li> <li>Alberta Abuse Helpline: 1-855-443-5722</li> <li>Alberta 24/7 Community and Social Services Helpline: 211</li> <li>Alberta's One Line for Sexual Violence: 1-866-403-8000</li> <li>Child Abuse Hotline: 1-800-387-5437</li> <li>Distress Line: 780-482-4357</li> <li><a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>Parent Information Line: 1-866-714-5437</li> </ul> <p>Seniors Abuse Helpline: 780-454-8888</p>	<ul style="list-style-type: none"> <li><a href="#">Abuse and bullying</a></li> <li><a href="#">Alberta Council of Women's Shelters</a></li> <li><a href="#">Alberta Native Friendship Centres Association</a></li> <li><a href="#">Association of Alberta Sexual Assault Services</a></li> <li><a href="#">Children's Services offices</a></li> <li><a href="#">Find shelters</a></li> <li><a href="#">Family and Community Support Services Association of Alberta</a></li> <li><a href="#">Métis and Indigenous Children's Services offices</a></li> <li><a href="#">Native Counselling Services of Alberta</a></li> <li><a href="#">Office of the Child and Youth Advocate</a></li> <li><a href="#">Parent Link Centres</a></li> <li><a href="#">Legal Aid Alberta</a></li> <li><a href="#">Victim Services</a></li> </ul>
<b>British Columbia</b>	<ul style="list-style-type: none"> <li>VictimLinkBC: 1-800-563-0808 (toll-free, 24/7, multilingual service available)</li> <li>Battered Women's Support Services Crisis Line: 1-855-687-1868</li> <li>BC 24/7 Community and Social Services Helpline: 211</li> <li>Helpline for Children in BC: 604-310-1234</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Association of Aboriginal Friendship Centres</a></li> <li><a href="#">BC Council for Families</a></li> <li><a href="#">BC Society for Male Survivors of Sexual Abuse</a></li> <li><a href="#">BC Society of Transition Houses</a></li> <li><a href="#">Child Protection Services</a></li> </ul>



	<ul style="list-style-type: none"> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Reporting child abuse: 1-800-663-9122</li> <li>• Seniors Abuse and Information Line: 1-866-437-1940</li> <li>• Youth Against Violence Line: 1-800-680-4264</li> <li>• WAVAW Rape Crisis Centre's Crisis and Information Line: 1-877-392-7583</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Ending Violence Association of BC</a></li> <li>• <a href="#">Gender-based violence, sexual assault, and domestic violence</a></li> <li>• <a href="#">Help for women fleeing violence</a></li> <li>• <a href="#">Legal Aid BC</a></li> <li>• <a href="#">Representative for Children and Youth</a></li> <li>• <a href="#">Seniors First BC</a></li> <li>• <a href="#">Services and Resources for Victims of Crime</a></li> <li>• <a href="#">Vancouver and Lower Mainland Multicultural Family Support Service Society</a></li> <li>• <a href="#">VictimLinkBC</a></li> </ul>
<b>Manitoba</b>	<ul style="list-style-type: none"> <li>• Domestic Abuse Crisis Line: 1-877-977-0007 (toll-free, 24/7)</li> <li>• A &amp; O: Support Services for Older Adults Intake: 1-888-333-3121</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Klinik Crisis Line: 1-888-322-3019</li> <li>• Klinik Sexual Assault Crisis Line: 1-888-292-7565</li> <li>• Reporting child abuse: 1-866-345-9241</li> <li>• Seniors Abuse Support Line: 1-888-896-7183</li> <li>• Support for Crime Victims and Witnesses: 1-866-484-2846</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Child and Family Services Contacts</a></li> <li>• <a href="#">Ending Violence Across Manitoba</a></li> <li>• <a href="#">Family Violence Prevention Program</a></li> <li>• <a href="#">Legal Aid Manitoba</a></li> <li>• <a href="#">Manitoba Advocate for Children and Youth</a></li> <li>• <a href="#">Manitoba Association of Women's Shelters</a></li> <li>• <a href="#">Stop the Violence</a></li> <li>• <a href="#">Support for Crime Victims and Witnesses</a> (PDF)</li> <li>• <a href="#">Victim Services</a></li> </ul>
<b>New Brunswick</b>	<ul style="list-style-type: none"> <li>• Chimo Helpline: 1-800-667-5005 (toll-free, 24/7)</li> <li>• After-Hours Emergency Social Services: 1-800-442-9799</li> <li>• Beauséjour Family Crisis Resource Centre           <ul style="list-style-type: none"> <li>○ 506-533-9100 (daytime crisis line)</li> <li>○ 506-312-1542 (evening crisis line)</li> </ul> </li> <li>• Crossroads for Women 24/7 Crisis Line: 1-844-853-0811</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Child Protection Services: 1-888-992-2873</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Adult Protection</a></li> <li>• <a href="#">Child Protection</a></li> <li>• <a href="#">Domestic and Intimate Partner Violence Workplace Toolkit</a></li> <li>• <a href="#">Legal Aid New Brunswick</a></li> <li>• <a href="#">Love Shouldn't Hurt: End Intimate Partner Violence</a></li> <li>• <a href="#">New Brunswick Association of Family Resource Centres</a></li> <li>• <a href="#">New Brunswick Child and Youth Advocate</a></li> <li>• <a href="#">Public Legal Education and Information Service of New</a></li> </ul>



	<ul style="list-style-type: none"> <li>• Sexual Violence New Brunswick 24/7 Sexual Assault Support Line: 506-454-0437</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Brunswick: Abuse and violence</a></li> <li>• <a href="#">Regional Violence Prevention Networks</a></li> <li>• <a href="#">Sexual Violence New Brunswick</a></li> <li>• <a href="#">Support services for victims of abuse</a></li> <li>• <a href="#">Victim Services</a></li> <li>• <a href="#">Support services</a></li> <li>• <a href="#">Violence Prevention and Community Partnerships</a></li> </ul>
<p><b>Newfoundland and Labrador</b></p>	<ul style="list-style-type: none"> <li>• NL Sexual Assault Crisis and Prevention Centre 24/7 Support and Information Line: 1-800-726-2743</li> <li>• Children's Protection Services: 709-752-4619</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• SeniorsNL Resource Centre: 1-800-563-5599</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Advocate for Children and Youth Newfoundland and Labrador</a></li> <li>• <a href="#">Choices for Youth: Support services</a></li> <li>• <a href="#">Family resource centres</a></li> <li>• <a href="#">Legal Aid Newfoundland and Labrador</a></li> <li>• <a href="#">Newfoundland and Labrador Network for the Prevention of Elder Abuse</a></li> <li>• <a href="#">NL Sexual Assault Crisis and Prevention Centre</a></li> <li>• <a href="#">Outrage NL Campaign: Prevention of violence against youth</a></li> <li>• <a href="#">Public Legal Information Association of NL: Family violence</a></li> <li>• <a href="#">Reporting Child and Youth Abuse and Neglect</a></li> <li>• <a href="#">Respect Aging Program: Prevention of violence against older persons</a></li> <li>• <a href="#">SeniorsNL</a></li> <li>• <a href="#">Supreme Court of Newfoundland and Labrador: Family violence</a></li> <li>• <a href="#">Transition House Association of Newfoundland and Labrador: Find a shelter</a></li> <li>• <a href="#">Victim Services</a></li> </ul>
<p><b>Northwest Territories</b></p>	<ul style="list-style-type: none"> <li>• NWT Help Line: 1-800-661-0844 (toll-free, 24/7)</li> <li>• YWCA NWT 24/7 Crisis Line: 1-866-223-7775</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Emergency Protection Orders</a></li> <li>• <a href="#">Family violence</a></li> <li>• <a href="#">Family Violence Shelters</a></li> <li>• <a href="#">Legal Aid NWT</a></li> <li>• <a href="#">Local Social Services Offices: Contact</a></li> </ul>



	<ul style="list-style-type: none"> <li>• NWT Seniors' Information Line: 1-800-661-0878</li> <li>• Native Women's Association of the NWT 24/7 Crisis Line: 1-866-459-1114</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">information</a></li> <li>• <a href="#">Native Women's Association of the NWT: Victim Services</a></li> <li>• <a href="#">NWT Community Counselling Program</a></li> <li>• <a href="#">NWT Network: Creating safe communities for older adults</a></li> <li>• <a href="#">NWT Seniors' Society</a></li> <li>• <a href="#">Protecting elders from abuse and neglect</a></li> <li>• <a href="#">Right from the Start: Early childhood development</a></li> <li>• <a href="#">Victims of Crime Emergency Fund</a></li> <li>• <a href="#">Victim Services</a></li> <li>• <a href="#">Victim Services contacts</a></li> <li>• <a href="#">YWCA NWT</a></li> </ul>
<p><b>Nova Scotia</b></p>	<ul style="list-style-type: none"> <li>• Neighbours, Friends and Families (Abuse and Violence Support Line): 1-855-225-0220 (toll-free, 24/7)</li> <li>• Adult Protection Services: 1-800-225-7225</li> <li>• Avalon 24/7 Sexual Assault Helpline: 902-421-1188</li> <li>• Child Protection Services             <ul style="list-style-type: none"> <li>○ 1-877-424-1177 (daytime crisis line)</li> <li>○ 1-866-922-2434 (evening crisis line)</li> </ul> </li> <li>• Eskasoni 24/7 Crisis Line: 1-855-379-2099</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Nova Scotia 24/7 Community and Social Services Helpline: 211</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Break the Silence Nova Scotia: Sexual violence</a></li> <li>• <a href="#">Child abuse and neglect</a></li> <li>• <a href="#">Domestic Violence Court Program</a></li> <li>• <a href="#">Domestic Violence Leave: Public Education</a></li> <li>• <a href="#">Family and Domestic Violence Services and Resources</a></li> <li>• <a href="#">Eskasoni Mental Health Services</a></li> <li>• <a href="#">Intimate partner violence and sexual violence</a></li> <li>• <a href="#">Legal Aid Nova Scotia</a></li> <li>• <a href="#">Legal Info Nova Scotia: Family violence</a></li> <li>• <a href="#">Nova Scotia Council for the Family</a></li> <li>• <a href="#">Nova Scotia Domestic Violence Resource Centre</a></li> <li>• <a href="#">Offices with child welfare services</a></li> <li>• <a href="#">Sexual assault centres</a></li> <li>• <a href="#">Standing Together to Prevent Domestic Violence</a></li> <li>• <a href="#">Supporting Survivors of Sexual Assault Training</a></li> <li>• <a href="#">Transition House Association of Nova Scotia: Find a shelter</a></li> </ul>



		<ul style="list-style-type: none"> <li>• <a href="#">Victim Service Centres: Contact information</a></li> </ul>
<b>Nunavut</b>	<ul style="list-style-type: none"> <li>• Kamatsiaqut Nunavut Helpline: 1-800-265-3333 (toll-free, 24/7)</li> <li>• Elder's Support Line: 1-866-684-5056</li> <li>• Emergency Measures 24/7 Line: 1-800-693-1666</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Qimavvik Shelter 24/7 Crisis Line: 867-979-4500</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cambridge Bay: Family Violence Prevention Program</a></li> <li>• <a href="#">Embrace Life Council: Violence and abuse</a></li> <li>• <a href="#">Family violence</a></li> <li>• <a href="#">Legal Services Board of Nunavut</a></li> <li>• <a href="#">Local Family Abuse Intervention Workers: Contact information</a></li> <li>• <a href="#">Local RCMP Offices and Children and Family Services Offices: Contact information</a></li> <li>• <a href="#">Victim Services</a></li> </ul>
<b>Ontario</b>	<ul style="list-style-type: none"> <li>• Assaulted Women's Helpline: 1-866-863-0511 (toll-free, 24/7, multilingual service available) <ul style="list-style-type: none"> <li>○ on your Bell, Rogers, Fido or Telus mobile phone: #7233</li> </ul> </li> <li>• Seniors 24/7 Safety Line: 1-866-299-1011</li> <li>• Fem'aide 24/7 Support Line: 1-877-336-2433 (French only)</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Male Survivors of Sexual Abuse 24/7 Crisis Line: 1-866-887-0015</li> <li>• Ontario 24/7 Community and Social Services Helpline: 211</li> <li>• Talk4Healing 24/7 Helpline for Indigenous Women: 1-855-554-4325</li> <li>• Victim 24/7 Support Line: 1-888-579-2888</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action ontarienne contre la violence faite aux femmes</a> (French only)</li> <li>• <a href="#">Elder Abuse Networks in Ontario</a></li> <li>• <a href="#">Family Service Ontario</a></li> <li>• <a href="#">Information about elder abuse</a></li> <li>• <a href="#">Legal Aid Ontario</a></li> <li>• <a href="#">Locate a Children's Aid Society</a></li> <li>• <a href="#">Ombudsman Ontario: Children and youth</a></li> <li>• <a href="#">Ontario Association of Interval and Transition Houses</a></li> <li>• <a href="#">Ontario Coalition of Rape Crisis Centres: Find support</a></li> <li>• <a href="#">Ontario Network of Sexual Assault and Domestic Violence Treatment Centres: Find a centre</a></li> <li>• <a href="#">Programs and services for victims of crime</a></li> </ul>
<b>Prince Edward Island</b>	<ul style="list-style-type: none"> <li>• Island Help Line: 1-800-218-2885 (toll-free, 24/7)</li> <li>• Adult Protection Services: 902-368-4790</li> <li>• Child abuse reporting <ul style="list-style-type: none"> <li>○ 1-877-341-3101 (daytime line)</li> <li>○ 1-800-341-6868 (evening line)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Child sexual abuse</a></li> <li>• <a href="#">Community Legal Information Association of PEI: Family violence and safety plans</a></li> <li>• <a href="#">Elder abuse awareness</a></li> <li>• <a href="#">Family resource centres</a></li> </ul>



	<ul style="list-style-type: none"> <li>• Chief Mary Bernard Memorial Women's Shelter 24/7 Crisis Line: 1-855-297-2332</li> <li>• <a href="http://www.kidshelp.ca">Kids Help Phone</a>: 1-800-668-6868</li> <li>• PEI Family Violence Prevention Services 24/7 Crisis and Support Line: 1-800-240-9894</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Family Violence Prevention Resources</a></li> <li>• <a href="#">Family Violence Prevention: Where to go for help</a></li> <li>• <a href="#">Legal Aid PEI</a></li> <li>• <a href="#">Mi'kmaq Confederacy of PEI: Programs and services</a></li> <li>• <a href="#">Native Council of PEI: Family Violence Tool Kit</a></li> </ul> <p><a href="#">PEI Rape and Sexual Assault Centre</a></p>
<p><b>Québec</b></p>	<p><i>(English below)</i></p> <p><b>Français:</b></p> <ul style="list-style-type: none"> <li>• SOS violence conjugale 24/7: 1-800-363-9010 (bilingual service available)</li> <li>• Centre d'aide aux victimes d'actes criminels : 1-866-532-2822</li> <li>• Ligne Aide Maltraitance Adultes aînés : 1-888-489-2287</li> <li>• Info-aide violence sexuelle : 1-888-933-9007</li> <li>• <a href="#">Jeunesse J'écoute</a> : 1-800-668-6868 (texte: 686868)</li> <li>• Ligne d'aide de communauté et services sociaux à Québec : 211</li> <li>• Ligne de support des Femmes averties : 1-866-489-1110</li> <li>• Services de la protection de la jeunesse : 1-800-567-6810</li> </ul> <p><b>English:</b></p> <ul style="list-style-type: none"> <li>• Crime Victims Assistance Centres: 1-866-532-2822</li> <li>• Elder Mistreatment Helpline: 1-888-489-2287</li> <li>• Helpline for Victims of Sexual Assault: 1-888-933-9007</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868 (text: 686868)</li> <li>• Quebec Community and Social Services Helpline: 211</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">À cœur d'homme: Réseau d'aide aux hommes pour une société sans violence</a> (French only)</li> <li>• <a href="#">Association québécoise Plaidoyer: Victims</a></li> <li>• <a href="#">Commission des services juridiques: Legal aid</a></li> <li>• <a href="#">Crime Victims Assistance Centres</a></li> <li>• <a href="#">Director of Youth Protection</a></li> <li>• <a href="#">Fédération des maisons d'hébergement pour femmes</a> (French only)</li> <li>• <a href="#">Fédération québécoise des organismes communautaires Famille</a> (French only)</li> <li>• <a href="#">First Nations of Quebec and Labrador Health and Social Services Commission: Areas of intervention</a></li> <li>• <a href="#">Help and resources for sexual assault victims and sexual assailants</a></li> <li>• <a href="#">Help for men having problems in their couple relationship</a></li> <li>• <a href="#">L'Alliance des maisons d'hébergement de 2e étape pour les femmes et enfants victimes de violence conjugale</a> (French only)</li> <li>• <a href="#">L'R des centres de femmes du Québec</a> (French only)</li> <li>• <a href="#">Mistreatment of older adults</a></li> <li>• <a href="#">Regroupement des maisons pour femmes victimes de violence conjugale</a> (French only)</li> </ul>



	<ul style="list-style-type: none"> <li>• Women Aware Support Line: 1-866-489-1110</li> <li>• Youth Protection Services: 1-800-567-6810</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel: Sexual assault help centres</a></li> <li>• <a href="#">SOS violence conjugale</a> (French only)</li> <li>• <a href="#">Trousse Média sur la violence conjugale</a> (French only)</li> <li>• <a href="#">Women Aware</a></li> </ul>
<b>Saskatchewan</b>	<ul style="list-style-type: none"> <li>• Mobile Crisis 24/7 Helpline: 306-757-0127</li> <li>• Child Abuse 24/7 Line: 306-569-2724</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Saskatchewan 24/7 Community and Social Services Helpline: 211</li> <li>• Saskatchewan 24/7 Response and Crisis Lines             <ul style="list-style-type: none"> <li>○ Prince Albert and area: 306-764-1011</li> <li>○ Saskatoon and area: 306-933-6200</li> <li>○ Regina and area: 306-757-0127</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Help from Victim Service units and agencies</a></li> <li>• <a href="#">Interpersonal violence and abuse programs: Contact information</a></li> <li>• <a href="#">Legal Aid Saskatchewan</a></li> <li>• <a href="#">Provincial Association of Transition Houses and Services of Saskatchewan: About abuse</a></li> <li>• <a href="#">Public Legal Education Association of Saskatchewan: Information for victims</a></li> <li>• <a href="#">Saskatchewan Advocate for Children and Youth</a></li> <li>• <a href="#">Saskatchewan Seniors Mechanism</a></li> <li>• <a href="#">Saskatchewan Towards Offering Partnership Solutions to Violence (STOPS) to Violence</a></li> <li>• <a href="#">Sexual Assault Services of Saskatchewan</a></li> <li>• <a href="#">Victims of crime and abuse</a></li> </ul>
<b>Yukon</b>	<ul style="list-style-type: none"> <li>• VictimLinkBC: 1-800-563-0808 (toll-free, 24/7, multilingual service available)</li> <li>• Family and Children's Services (report child abuse): 1-800-661-0408 (ext. 3002)</li> <li>• <a href="#">Kids Help Phone</a>: 1-800-668-6868</li> <li>• Law Line: 866-667-4305</li> <li>• Seniors' Services/Adult Protection Unit: 1-800-661-0408 (ext. 3946)</li> <li>• Victim Services/Family Violence Prevention Unit: 1-800-661-0408 (ext.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Abuse of older adults</a></li> <li>• <a href="#">Child Development Centre</a></li> <li>• <a href="#">Family and children's services</a></li> <li>• <a href="#">Report child abuse</a></li> <li>• <a href="#">Services for victims: Contact information</a></li> <li>• <a href="#">Victim Services</a></li> <li>• <a href="#">Victoria Faulkner Women's Centre</a></li> <li>• <a href="#">Women's Transition Home</a></li> <li>• <a href="#">Yukon Child and Youth Advocate Office</a></li> </ul>



**Telecommunications Workers Union, United Steelworkers National Local 1944**

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[www.twitter.com/usw1944](http://www.twitter.com/usw1944)



	<p>8500)</p> <ul style="list-style-type: none"><li>• Women's Transition Home 24/7 Crisis Line: 867-668-5733</li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Yukon Legal Services Society</a></li><li>• <a href="#">Yukon Public Legal Education Association</a></li></ul>
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