

ABUSE Resources

RESOURCES

Call 911 if you or someone you know is in immediate danger.

Abuse

- › Alberta Family Violence Info Line: call or text 310-1818
- › Abuse Helpline: 1-855-443-5722
- › Sexual Violence One Line: call or text 1-866-403-8000
- › Association of Alberta Sexual Assault Services: online chat aasas.ca
- › Child Abuse Hotline: 1-800-387-KIDS (5437)

Mental Health

- › Psychological/counselling benefits
- › Suicide Crisis Helpline: call or text 988
- › Mental Health Helpline: 1-877-303-2642
- › Calgary Distress Centre Crisis Line: 403-266-HELP (4357) / online chat distresscentre.com
- › Edmonton Distress Line: 780-482-HELP (4357) / online chat edmonton.cmha.ca
- › Nurse 2 Nurse Peer Support: n2nps.com

Other

- › Alberta community, government & social services referrals: 211
- › Employee & Family Assistance Program (EFAP): specific to Employer
- › Find a shelter near you: alberta.ca/find-shelters.aspx
- › Alberta Council of Women's Shelters: 1-866-331-3933 / acws.ca
- › Alberta Income Support Centre: 1-866-644-5135
- › Addictions Helpline: 1-866-332-2322