



IF YOU ARE IN IMMEDIATE DANGER CALL 9-1-1

Does your employer have an EAP program? If yes, they may be able to help you. There are other professionals you can talk to in your community. Start with your family doctor. You can search for a therapist [here](#). Find information about your local women's shelter [here](#). Many women's shelters will provide support and advice to friends, family members and/or co-workers who are trying to support a survivor. Many women's shelters can also provide guidance for trans and non-binary people and men who experience domestic violence. [Trans Lifeline](#) provides support to Trans people.

If you are unable to find the help you are looking for from the list below, Ending Violence Association of Canada also provides a list of [Provincial and Territorial Organizations and Resources](#).

ALBERTA

Family Violence Info Line – Toll-free, 24/7, Multilingual

780-310-1818

Alberta Council of Women's Shelters

<http://www.acws.ca/>

1-866-331-3933

BRITISH COLUMBIA

VictimLink BC – 24/7 help line providing crisis support in 130 languages. It can connect you to safe emergency shelter, counseling programs and other treatment and healing programs

1-800-563-0808

TTY 604-875-0885

Text 604-836-6381

VictimLinkBC@bc211.ca

BC Society of Transition Houses

<http://www.bcsth.ca/>

MANITOBA

Province-wide Family Violence Helpline – toll-free, 24/7

1-877-977-0007

TTY 1-888-987-2829

Manitoba Association of Women's Shelters

<http://www.maws.mb.ca/>

NEWFOUNDLAND AND LABRADOR

Transition House Association of Newfoundland and Labrador

<http://www.thanl.org/find-shelter/>

NOVA SCOTIA

Transition House Association of Nova Scotia

<http://thans.ca/>

NORTHWEST TERRITORIES

YWCA – toll free (no TTY compatibility)

1-866-223-7775

(867) 873-8257 in Yellowknife

NUNAVUT

Baffin Regional Agvvik Society – Qimaavik Transition House (Iqaluit) 24/7 crisis line, English and Inuktitut

867-979-4500

National Aboriginal Circle Against Family Violence

Organization that brings together shelters in Aboriginal communities

<http://54.186.211.6/shelters/>

ONTARIO

Assaulted Women's Helpline – Free, confidential counseling, emotional support, safety planning and referrals for women needing a shelter, legal advice or other supports. Available 24/7, province-wide in more than 100 different languages including 17 Aboriginal languages.

1-866-863-0511

TTY 1-866-863-7868

Rogers, Fido, Bell and Telus – #SAFE (#7233).

Fem'aide – For francophone women, toll-free, province-wide, safety planning and referrals

1-877-336-2433

TTY 1-866-860-7082

Anishnaabe Kwewag Gamig Northern Ontario First Nations crisis line

1-800-388-5171

Ontario Association of Interval & Transition Houses

<http://www.oaith.ca/>

PRINCE EDWARD ISLAND

PEI Family Violence Prevention Services

<http://www.fvps.ca>

1-800-240-9894

Organization representing the voices of Inuit women

<http://pauktuutit.ca/>

QUEBEC

SOS violence conjugale – Province-wide toll free crisis line, 24/7, toll-free, TTY compatible

1-800-363-9010

Fédération des maisons d'hébergement pour femmes

<http://fedec.gc.ca/>

Regroupement des maisons pour femmes victimes de violence conjugale

<http://www.maisons-femmes.qc.ca/>

SASKATCHEWAN

24 Hour Crisis and Abuse Line – 1-800-214-7083

Abused Women's Crisis Line – 1-888-338-0880

North East Crisis Line – 1-800-611-6349 or 1-800-668-6868

Provincial Association of Transition Houses and Services of Saskatchewan

<http://pathssk.org>

YUKON

VictimLink BC – Provides immediate crisis support to victims of family and sexual violence in BC and Yukon

1-800-563-0808

TTY 604-875-0885

Text 604-836-6381

VictimLinkBC@bc211.ca

Credit: <https://www.sheltersafe.ca/find-help/>