

In an emergency, call 9-1-1

If you are a woman fleeing violence, find a women's shelter at **sheltersafe.ca**

If you are a young person who needs support, you can talk to counsellors without giving your name. Contact Kids Help Phone at **1-800-668-6868** or visit **kidshelpphone.ca**

For other community, social and health services, phone **2-1-1** or visit **211.ca**

Help is available. You are not alone.

If you are being threatened, harmed or abused in any way, contact the police or a support organization on the reverse side of this card right away for help. These support organizations may also be able to help if you have concerns about deportation or losing access to your children.

For more information on family violence, visit **<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/family-sponsorship/abuse.html>**

