EXPERIENCING GENDER-BASED VIOLENCE?

WHO TO CALL

IF YOU LIVE IN KITCHENER-WATERLOO

519-742-5894

IF YOU LIVE IN CAMBRIDGE

519-653-2422

IN DANGER? CALL 911

NEEDING SOCIAL SERVICES? CALL 211

FAMILY AND CHILDREN'S SERVICES

519-576-0540

ASSAULTED WOMEN'S HELPLINE 416-863-0511 OR 1-866-863-0511 (TTY 1-866-863-7868).

24/7 VICTIM SUPPORT LINE AT 1-888-579-2888, IN THE GREATER TORONTO AREA416-314-2447

HERE24/7

1-844-437-3247 (HERE247)LOCAL: 519-821-3582 |

TTY: 1-877-688-5501









ONLINE RESOURCES

https://www.carizon.ca/counselling/family-violence-project/

https://sheltersafe.ca/ontario/

https://preventingcrime.ca/keepfamiliessafe/



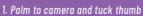


THE SIGNAL FOR HELP

"Signal for Help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.









2. Trap thumb

The Signal for Help was launched by the Canadian Women's Foundation in response to COVID-19.





