

# 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 AREA 416-314-2447

HERE24/7

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

TTY: 1-877-688-5501

Women's Crisis Services  
OF WATERLOO REGION



Ontario



ASSAULTED  
WOMEN'S  
HELPLINE

HERE  
24  
SEVEN

## ONLINE RESOURCES

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

<https://sheltersafe.ca/ontario/>

<https://preventingcrime.ca/keepfamiliesafe/>

CARIZON  
Inspiring Hope + Wellness in Our Community

sheltersafe  
HELP IS JUST A CLICK AWAY

KEEP FAMILIES SAFE  
PREVENT FAMILY VIOLENCE IN WATERLOO REGION

### 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.

THE  
VIOLENCE  
AT HOME  
SIGNAL  
FOR HELP



1. Palm to camera and tuck thumb



2. Trap thumb

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