

Safety Alert

Cut or tear
along this
line. Fold up
and keep
in a safe
place.

If you have experienced domestic abuse, know that you are not alone, and that there are a variety of supports available to you.

If you are in immediate danger, call 911.

If you are seeking help or are looking for information about abuse, you can call the Transition House Association of Nova Scotia **24-hour toll-free line: 1-855-225-0220**

Women's, Men's, and All Genders Helplines: 211

Help Lines

Crime Stoppers 1-800-222-8477

Kids Help Phone..... 1-800-668-6868

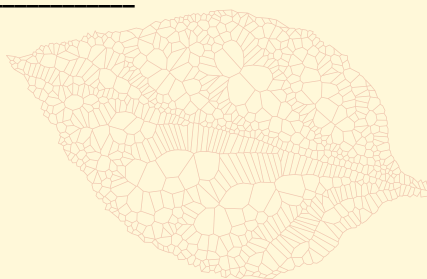
Mental Health Crisis Line

Serves all of Nova Scotia (24/7)..... 1-888-429-8167

Avalon Sexual Assault Centre

Crisis Line.....902-422-4240

Your local number:



Quick connect

Community and social services 211
ns.211.ca

HealthLink 811
Hearing impaired 711
811.novascotia.ca

Women's, Men's, and All Genders Helplines: 211

Mi'kmaw Family Healing Centres

Millbrook 902-756-3440
Toll-free: 1-800-565-4741

We'koqma'q 902-756-3440
Toll-free: 1-800-565-3440

Transition Houses and Shelters Crisis Lines

Amherst, Autumn House 902-667-1200

Antigonish, Naomi Society 902-863-3807

Bridgewater, Harbour House 902-543-3999

Digby, Juniper House 902-742-8689
Toll-free: 1-800-266-4087

Halifax, Byrony House 902-422-7650

Kentville, Chrysalis House 902-679-1922
Toll-free: 1-800-264-8682

New Glasgow, Tearmann House 902-752-0132
Toll-free: 1-800-831-0330

Port Hawkesbury, Leeseide Transition House 902-625-2444
Toll-free: 1-800-565-3390

Shelburne, Juniper House 902-742-8689
Toll-free: 1-800-266-4087

Sydney, Cape Breton Transition House 902-539-2945
Toll-free: 1-800-563-2945

Truro, Third Place 902-893-3232
Toll-free: 1-800-565-4878

Yarmouth, Juniper House 902-742-8689
Toll-free: 1-800-266-4087

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