Gender-Based Violence Resources in Nova Scotia

If you or someone you know is in immediate danger, call 911.

If you or someone you know – your friend, family, neighbour, co-worker – is at risk or feels unsafe, you can get help.

There are supports available to you 24/7. Know that you are not alone.

211 Nova Scotia

No matter where you live or how you identify, 211 is a great place to begin. 211 can help you find the supports and services you need. When you call 211, Community Resource Navigators will refer you to resources, program, and services directly in your community, or just someone to listen. 211 offers 24/7 assistance in over 100 languages.

Connect by dialing 211 on your phone, or search for services at https://211.ca/

Women's, Men's, All Genders Helplines are available. Someone is always ready to listen. It's free. It's confidential. It can help.

THANS 24/7 Helpline: For Immediate, Urgent Support

If you or someone you know is experiencing gender-based violence, such as domestic or intimate partner violence, you can call or text the Transition House Association of Nova Scotia's toll-free line 24/7 for crisis support, emergency shelter, or advice on how to best support someone you know who might be unsafe, at any hour of the day or night: 1-855-225-0220.

For information on the **Transition House Association of Nova Scotia** or to find a transition house near you, visit: https://thans.ca/

Women's Centres

Women's Centres located across Nova Scotia are a great community resource for women to connect and start their journey to safety and independence.

For a list of Women's Centres and to learn about their programs and services, visit: https://womenconnect.ca/

YWCA's Survivors Safety Fund

The YWCA's Survivor Safety Fund provides financial assistance and wraparound support for women, Two-Spirit, Transgender, and gender-diverse individuals.

To find out if you qualify, contact:
782-414-5715, or
email: december6@ywcahalifax.com.

For more information on the program, visit: https://www.ywcahalifax.com/programs/gender-based-violence-supports/emergency-funds/

Adsum for Women and Children

Adsum provides emergency shelter, transitional and permanent housing, support, referral services, and one-time grants for eviction prevention/housing acquisition for low-income families, women, and gender diverse individuals experiencing GBV or at risk of homelessness.
Call: 902-423-4443, or
visit: https://adsumforwomen.org

Survivors of Gender-based Violence Benefit

The Survivors of Gender-based Violence Benefit provides emergency support to help survivors of gender-based violence with the cost of their rent or mortgage.

To learn more or to apply, contact 902-219-3228, gbvprogram@novascotia.ca, or visit https://www.novascotia.ca/apply-survivors-gender-based-violence-housing-benefit

Domestic Violence Leave

Domestic Violence Leave is protected leave from work for employees who are dealing with domestic violence.

For more information about this leave in Nova Scotia, contact the **Labour Standards Division**: 1-888-315-0110. All calls are confidential.

You can also email LabourStandards@novascotia.ca, or visit https://women.novascotia.ca/domestic-violence-resource-centre/domestic-violence-and-workplace.

2SLGBTQIA+ Community

211's All Genders Helpline is available 24/7 to those who have concerns about their well-being, safety, safety of others, and/or who may be experiencing a crisis.

Coverdale Justice Society provides aid and advocacy for women, youth, and gender-diverse people across Nova Scotia.
Connect by phone: 902-422-6417, or Coverdale's website: https://www.coverdale.ca/reach-out

African Nova Scotians and Black People of African Descent

African Nova Scotia Justice Institute (ASNJI) is a non-profit advocacy organization that provides free legal services and guidance to African Nova Scotians and Black people of African descent living in Nova Scotia.

Connect by phone: 902-492-5619;
Toll-Free: 1-888-428-4233 or
email: info@ansji.ca

https://www.ansji.ca/

Black Community Support Helpline:
1-855-732-1253, ext 2.

This support line exists to provide resources, support, and navigation to those of African descent across Nova Scotia. Calls are serviced through voicemail and messages will be returned within 24 hours

Black Therapists and Mental Health Organizations in Nova Scotia:
https://www.ansji.ca/

Indigenous Nova Scotians

Mi'kmaw Native Friendship Centre:
902-420-1576, or visit
https://www.mymnfc.com/

Native Social Counselling Agency: 902-895-1738

Welkaqnik Next Step Shelter: 902-895-1523

For more information about gender-based violence,
which includes Domestic Violence, Intimate Partner Violence,
and other forms of violence that may occur in or out of relationships,
visit the Status of Women Office's Gender-Based Violence Resources page:
https://women.novascotia.ca/gender-based-violence-resources