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

# Safety Alert

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**, Bryony 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**, Leeside 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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