

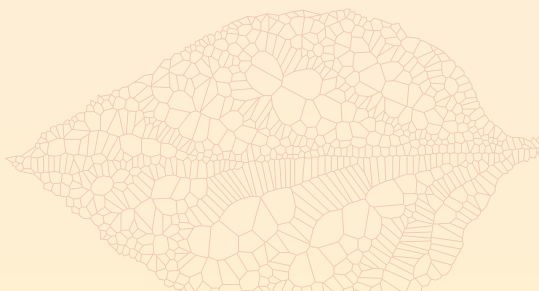
Safety Alert

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's 24-hour toll-free line:**
1 855 225 0220

Your local number:



Quick connect

Community and social services	211
ns.211.ca	
HealthLink	811
Hearing impaired	711
811.novascotia.ca	

Help Lines

Crime Stoppers	1-800-222-8477
Kids Help Phone	Toll-free 1-800-668-6868
Mental Health Crisis Line: serves all of Nova Scotia 24/7	1-888-429-8167
Avalon Sexual Assault Centre, Halifax Crisis Line	902-422-4240

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 , Leaside 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