



**“My anger was  
a problem.”**

**Call or text 310-1818**

## Family Violence Info Line

If you're struggling with abusive and controlling behaviours, reach out – 24 hours a day, seven days a week.

*Available in more than 170 languages.*

Chat online now. [Alberta.ca/FamilyViolenceHelp](https://Alberta.ca/FamilyViolenceHelp)

Alberta 