

**“I’m worried  
about my co-worker.”**

**Call or text 310-1818**

## Family Violence Info Line

If someone you know is experiencing domestic or family violence, we are here to help – 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 