

HELP IS HERE

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# Need help fleeing abuse?

## Help is just a call or click away.

Resources and supports are available if you or someone you know is experiencing domestic violence.

Get help:

- Call or text the Family Violence Info Line at 310-1818
- Chat anonymously online at [alberta.ca/safetychat](https://alberta.ca/safetychat).
- View available supports at [alberta.ca/FamilyViolence](https://alberta.ca/FamilyViolence)