

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

NATIONWIDE GENDER-BASED VIOLENCE & CRISIS RESOURCES

Hope for Wellness Helpline (Indigenous Peoples)

Talk: 1-855-242-3310

Online chat:

<https://www.hopeforwellness.ca/>

MMIWG2S+ Support Line

Talk: 1-844-413-6649

National Indian Residential Schools Crisis Line

Talk: 1-866-925-4419

Sexual Violence Support Centre (SALAL) Crisis & Information Line

Talk: 1-877-392-7583

Canadian Human Trafficking Hotline

Talk: 1-833-900-1010

Kids Health Phone (25 and under)

Talk: 1-800-688-6868

Text: 686868

Online chat (7 pm to midnight EST):

<https://kidshelpphone.ca/live-chat-counselling/>

YouthSpace (under 30)

Text: 778-783-0177

Online chat: youthspace.ca (6 pm to midnight PST)

Black Youth Helpline

Talk: 1-833-294-8650 (9 am - 10 pm EST)

LGBT (Lesbian, Gay, Bi, Trans) Youth Line (29 and under)

Talk: 1-888-687-9688

Text: 647-694-4275

LGBT National Hotline

Talk: 1-888-OUT-LGBT (688-5428)

Trans LifeLine

Talk: 1-877-531-2600

Talk Suicide

Talk: 1-833-456-4566

Text: 45645 (4 pm to midnight EST)

Wellness Together Canada (Youth and Adult Mental Health and Substance Use Support)

Talk: 1-866-585-0445

Text: 741741

National Overdose Response Service (NORS)

Call or text: 1-866-688-NORS (6677)



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PROVINCIAL GENDER-BASED VIOLENCE & CRISIS RESOURCES

British Columbia

Sexual Violence Support Centre (SALAL) Crisis & Information Line

Talk: 604-255-6344

Text: 604-245-2425 (Monday to Friday 9am
to 5 pm)

Online chat:

<https://www.salalsvsc.ca/connect/>
(Monday to Friday 9am to 5 pm)

Mental Health Support Line

Talk: 310-6789

Victim Link BC

Talk or Text: 1-800-563-0808

Alberta

Family Violence Info Line

Talk & Text: 310-1818

Online chat available from:

[https://www.alberta.ca/family-violence-
find-supports](https://www.alberta.ca/family-violence-find-supports)

Alberta's One Line for Sexual Violence

Talk & Text: 1-866-403-8000

Saskatchewan

All Ages Crisis Line

Talk: 306-525-5333

Manitoba

Domestic Violence Crisis Line, Family Violence Prevention Program

Talk: 1-877-977-0007

Text: 204-792-5302 or 204-805-6682

All Ages Crisis Line

Talk: 1-877-435-7170

POST #2

Ontario

Assaulted Women's Helpline

Talk: 1-866-863-0511

TTY: 1-866-863-7868

#SAFE (#7233) on your Bell, Rogers, Fido or
Telus mobile phone

Talk4Healing (Helpline for Indigenous Women)

Talk: 1-855-554-4325

Ontario Victim Services

Talk: 1-866-887-0015

Fem'aide Helpline (French only)

Talk: 1-877-336-2433

TTY: 1-866-860-7082

