

# EXPERIENCING GENDER-BASED VIOLENCE?

## WHO TO CALL

TEXT HOME TO 686868 IN CANADA TO TEXT WITH A TRAINED CRISIS RESPONDER

CRISIS TEXT LINE |

KIDS HELP PHONE  
1-800-668-6868

Kids Help Phone 

TALK4HEALING (INDIGENOUS WOMEN)  
1-866-863-0511



ASSAULTED WOMEN'S HELPLINE  
416-863-0511 OR 1-866-863-0511



HERE24/7  
1-844-437-3247 (HERE247)



IN DANGER? CALL 911

## ONLINE

LOOKING FOR A SHELTER OR PROVINCE SPECIFIC RESOURCE?

[HTTPS://CANADIANWOMEN.ORG/SUPPORT-SERVICES/](https://canadianwomen.org/support-services/)



### THE SIGNAL FOR HELP

"Signal for Help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.

THE  
VIOLENCE  
AT HOME  
SIGNAL  
FOR HELP



1. Palm to camera and tuck thumb



2. Trap thumb

The Signal for Help was launched by the Canadian Women's Foundation in response to COVID-19.

