

Domestic Violence Call Lines in Calgary

Call 911 if you are in immediate danger

Call 211 for more information

<p>Government of Alberta: Family Violence Info Line</p> <ul style="list-style-type: none"> • 403-310-8181 • For: Information and help about family violence • Hours: 24 hours a day, 7 days a week • Other: Everything is anonymous, more than 170 languages are available 	<p>Government of Alberta: Family Violence Info Online Chat</p> <ul style="list-style-type: none"> • https://www.alberta.ca/family-violence-find-supports.aspx • For: Information and help about family violence • Hours: 8am – 8pm daily • Other: Anonymous, English only. Instructions to use the online chat are available on the above website.
<p>Government of Alberta: Alberta Provincial Abuse Helpline</p> <ul style="list-style-type: none"> • 1-855-4HELPAB (1-855-443-5722) • For: If you suspect someone is experiencing violence or abuse. • Hours: 7:30am-8:00pm, Monday to Friday • Other: More than 100 languages available. 	<p>Government of Alberta: Child Abuse Hotline</p> <ul style="list-style-type: none"> • 1-800-387-KIDS (1-800-387-5437) • For: To get help if you, or children you know, are being neglected, abused, or sexually exploited. If you believe a child is at risk, you must report it. • Hours: 24 hours a day, 7 days a week • Other: Multiple languages available.
<p>Government of Alberta: Protections for Persons In Care Reporting Line</p> <ul style="list-style-type: none"> • 1-888-357-9339 • For: to report the abuse of an adult receiving care or support services from publicly funded service providers, such as hospitals, seniors' lodges, nursing homes, mental health facilities, group homes, addictions treatment centres, shelters, other supportive living settings. • Other: call the number and listen to the options, you will have to leave a voicemail. 	<p>Calgary Women's Emergency Shelter: 24 Hour Family Violence Helpline</p> <ul style="list-style-type: none"> • 403-234-SAFE (403-234-7233) or toll free: 1.866-606-7233 • For: Help and support, counselling, escape and safety planning, information and referrals, intake for other programs provided at Calgary Women's Emergency Shelter, Support in leaving an abusive partner, Support to be safe when with an abusive partner, Parenting support, and help for men who want to stop being abusive. • Hours: 24 Hours a day, 7 days a week.

<p>Distress Centre: Online Chat Crisis Line</p> <ul style="list-style-type: none"> • https://www.distresscentre.com/need-help/ • For: crisis support and counselling. • Hours: 3pm – 10pm on weekdays, 12pm (noon) - 10pm on weekends. • Other: can be accessed through clicking the 'online' button on the above website. 	<p>Distress Centre: 24 Hour Crisis Line</p> <ul style="list-style-type: none"> • 403-266-HELP (403-266-4357) or for hearing impaired: 403-543-1967 • For: 24/7 crisis support and counselling. • Hours: 24 Hours a day, 7 days a week.
<p>YWCA Calgary</p> <ul style="list-style-type: none"> • 403-266-0707 • For: If you need to speak with someone about options and support related to domestic violence. • Hours: 24 Hours a day, 7 days a week. 	