**Community Supports**

[**Alberta’s One-Line for Sexual Violence**](https://aasas.ca/get-support/) – **1-866-403-8000**

* Call or text for advice and support regarding experiences of sexual violence
* Can provide counselling and referrals anywhere in Alberta
* Online chat available as well through any Alberta sexual assault centre website
* Line is available 9am-9pm, 365 days per year

[**Calgary Sexual Assault Response Team (CSART)**](https://www.albertahealthservices.ca/findhealth/service.aspx?id=1962) - **403-955-6030**

* Provides medical care and emotional support for people who have been sexually assaulted in the past 7 days (168 hours).

[**Calgary Communities Against Sexual Abuse (CCASA)**](https://calgarycasa.com/) - **403-237-5888**

- The primary sexual abuse and sexual assault crisis and education service provider for Calgary and surrounding areas

[**Community Connect YYC**](https://www.communityconnectyyc.ca/)

**–** Connecting Calgary’s communities with affordable and barrier-free access to phone or video counselling sessions and removing lengthy wait times that make it challenging to access much-needed social services. Direct online booking tool, available 24/7.

[**RAINN National Sexual Assault Hotline**](https://www.rainn.org/about-national-sexual-assault-telephone-hotline) - **1-800-656-HOPE (4673)** 24/7 or [Online Chat](https://hotline.rainn.org/online?_ga=2.106648195.1671443174.1690469094-86475669.1690469094)

* American resource offering support to those who have experienced sexual violence

[**Support Services for Male Survivors of Sexual Abuse**](https://www.ontario.ca/page/get-help-if-you-are-experiencing-violence) **–** **1-866-887-0015**

– 24/7 multilingual support for male survivors of sexual abuse, both recent and historica**l**

[**Distress Centre**](https://www.distresscentre.com/) –**403-266-4357**

* 24/7 crisis support line

**Family and Relationship/Domestic Violence**

[**FearIsNotLove Family Violence Helpline**](https://fearisnotlove.ca/) - **403-234-7233** (SAFE), **1-866-606-7233** (SAFE) (toll-free)

* Helpline counsellors answer the phone 24/7, 365 days a year. This line provides counselling, safety planning, referrals and information in multiple languages

[**Alberta Council of Women’s Shelters**](https://acws.ca/shelters) – 1-866-331-3933 (toll-free)

* This website has a map of ACWS-member shelters across the province as well as contact information for emergency and second-stage shelters across Alberta

**Resources for Child Sexual Abuse**

[**Luna Child and Youth Advocacy Centre**](https://www.lunacentre.ca/) - **403-428-5300**

- Luna Centre exists to be a safe space where children, families, and caregivers can access support and resources that are needed after child abuse occurs. Services include therapy, medical care and advocacy among others.

[**Child Abuse Hotline**](https://www.alberta.ca/how-to-help-and-report-child-abuse-neglect-and-sexual-exploitation.aspx) – **1-800-387-5437**

* Call the Child Abuse Hotline 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. Help is available in multiple languages, 24/7.

**2SLGBTQIA+ Services**

[**Trans Lifeline**](https://translifeline.org/) **– 1-877-330-6366**

**–** Trans Lifeline is a non-profit dedicated to the well-being of transgender people. The organization provides a hotline staffed by transgender people for transgender people that is available 24/7.

[**Skipping Stone**](https://www.skippingstone.ca/) **– 587-333-4342**

* Skipping Stone is a one of a kind, nationally recognized agency that connects trans and gender diverse youth, adults and families with the comprehensive and low barrier access to the support they need and deserve.

[**LGBT Youthline**](https://www.youthline.ca/) – **1-800-268-9688** (toll-free), **647-694-4275** (text), or [Online Chat](https://www.youthline.ca/)

* Confidential, non-judgemental and informed LGBTQ2S+ peer support
* Line is available Sunday to Friday, 4pm-9:30pm

[**LGBTQ+ Newcomer Services**](https://www.centrefornewcomers.ca/lgbtq)

- Resources for LGBTQ+ newcomers.

**Indigenous Services**

[**Hope for Wellness Helpline**](https://www.hopeforwellness.ca/) –**1-855-242-3310** (toll-free)

* This resource is available 24/7 to all Indigenous peoples across Canada. Experienced and culturally competent counsellors are reachable via phone and online chat to support in English and French. On request, phone support is also available in, Cree, Ojibway & Inuktitut.

[**Elbow River Healing Lodge**](https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201&fbclid=IwAR0f1aLjOobNZoEzJYn0dvEYOJnkjqssqnSsCtvCtp9313eYyR-tv7PB1P8) **– 403-955-6600**

-The Elbow River Healing Lodge offers a full range of primary care services and visiting specialists to First Nations (Status and Non-Status), Métis, and Inuit peoples and their families.

- Located in the Sheldon M. Chumir Health Centre

[**Awo Taan Healing Lodge Society**](https://www.awotaan.org/) **– 403-531-1972 or 403-531-1976**

* 24 hour crisis line and full-service emergency shelter
* This shelter is blanketed in a unique atmosphere where the traditional wholistic and spiritual teachings of the Aboriginal people’s Medicine Wheel are practiced

[**The National Indian Residential School Crisis Line**](https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953) **– 1-866-925-4419 (toll-free)**

* Providing 24-hour crisis support to former Indian Residential Schools and their families

[**Missing and Murdered Indigenous Women and Girls (MMIWG) Crisis Line**](https://www.mmiwg-ffada.ca/contact/) **– 1-844-413-6649**

* Providing support and information to those impacted by the issue of Missing and Murdered Indigenous Women and Girls

**BIPOC Resources**

[**Healing in Color**](https://www.healingincolour.com/)

- Directory of BIPOC therapists in Canada and other resources.

[**Moving Forward Family Services**](http://mffs.ca/) **– 877-485-5025**

- Moving Forward offers free short-term and affordable long-term counselling options to underserved communities across Canada via in-person, online and telephone platforms. Services offered in 20 languages.

[**Calgary Immigrant Women’s Association** **(CIWA**](https://ciwa-online.com/)**)** - **403-263-4414**

- CIWA supports immigrant and refugee women, girls and their families. They have more than 50 programs that can support with settlement needs, language and employment training, family matters and much more

- CIWA offers a number of programs focusing on gender-based violence prevention and intervention supports including counselling supports for families, one-on-one counselling for immigrant women and rapid access counselling

[**Nisa Helpline**](https://nisahelpline.com/) **– 1-888-315-6472**

* Confidential, anonymous and free helpline for Muslim women across North America that offers mental health support and peer counselling
* Open from 8am-8pm MST

**Health Resources**

[**Calgary Sexual Assault Response Team (CSART)**](https://www.albertahealthservices.ca/findhealth/service.aspx?id=1962) - **403-955-6030**

* Specialized team of doctors, nurses and support counsellors who provide comprehensive care to people who have been sexually assaulted in the past 7 days (168 hours).
* Clients may choose which services they would like to receive
* Clients have access to police reporting and evidence collection through this service but only if they should choose to report
* Accessed primarily through Sheldon M. Chumir Health Centre Urgent Care

[**Alberta Health Services Sexual and Reproductive Health – Clinical Services**](https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1671)

* This website has information on the sexual and reproductive health services available in Calgary and clinic locations
* Services include: birth control information, prescription and free supplies, IUD and contraceptive implant insertions and removals, STI testing and treatment, emergency contraception, HIV Pre-Exposure Prophylaxis, pap tests, care after a sexual assault, post-abortion check-ups and HPV vaccination

[**Centre for Sexuality**](https://www.centreforsexuality.ca/) **– 403-283-5580**

- Centre for Sexuality is a community-based organization delivering program sand services to support healthy sexuality across the lifespan

- Services offered include school-based education, community-based education, professional counselling and professional training

[**Mosaic’s Refugee Health Clinic**](https://mosaicpcn.ca/programs/refugee-health/) **– 403-569-7251**

* This program provides primary and multy-specialty care services for refugees arriving in Calgary
* Services offered include women’s health supports suh as family planning, pregnancy and post partum care and ob/gyn, family health supports, children’s health supports, mental health supports and sessions as well as transition services to connect patients to family doctors in their community
* Accessed at Marlborough Mall

**Victim Services and Legal Supports**

[**Help for Victims of Crime**](https://www.alberta.ca/help-for-victims-of-crime.aspx)

* This Government of Alberta webpage helps people find support, help, financial assistance, community vitim servies units and other supports if they have been a victim of violent crime

[**Victim Services Units**](https://www.alberta.ca/victim-services-units.aspx)

* This Government of Alberta website has a listing of victim’s services units within the province of Alberta

[**Legal Aid Alberta**](https://www.legalaid.ab.ca/contact/) **– 1-866-845-3425**

* A publicly-funded, non-profit organization that provides affordable legal services in family law, domestic violence, child welfare, immigration and youth and adult criminal defense.

[**Calgary Legal Guidance Sexual Violence Survivors Legal Advice Program**](https://clg.ab.ca/index.php/programs/sexual-violence-survivors-legal-advice-program/) **– 403-234-9266**

* Supports sexual violence survivors through their interactions with the legal system as well as through engagement with non0legal service providers

[**Elizabeth Fry Society of Calgary**](https://elizabethfrycalgary.ca/) **– 403-294-0737 or 1-877-398-3656 (toll-free)**

* Offers supports to women and youth engaged with the legal and justice systems by providing practical programs, basic necessities and connections to community resources.

**Financial Supports**

[**Escaping Abuse Benefit**](https://www.alberta.ca/family-violence-costs-leave.aspx) **– 1-877-644-9992**

* Emergency funding is available to help people who are escaping family violence or domestic violence

[Victim Restitution and Recovery](https://www.alberta.ca/victim-restitution-and-recovery.aspx)

* Restitution is when an offender pays back their victim for expenses related to their crime. This Government of Alberta website provides information on ow to make a statement on restitution

[Safer Spaces Certificate to End Tenancy](https://www.alberta.ca/safer-spaces-certificate.aspx)

* Tenants can end their tenancy agreement without financial penalty by getting a certificate confirming they’re vitims of domestic violence
* This Government of Alberta website supports people with obtaining this certificate when needed

**Help in Other Languages**

Find out about helplines, victim services, shelters and other supports:

[Arabic](https://www.alberta.ca/assets/documents/cmsw-ending-sexual-violence-in-alberta-2020-arabic.pdf) [Punjabi](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-punjabi.pdf)

[Chinese Simplified](https://www.alberta.ca/assets/documents/cmsw-ending-sexual-violence-in-alberta-2020-simplified-chinese.pdf) [Somali](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-somali.pdf)

[Chinese Traditional](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-traditional-chinese.pdf) [Spanish](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-spanish.pdf)

[French](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-french.pdf) [Tagalog](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-tagalog.pdf)

[Hindi](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-hindi.pdf) [Urdu](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-urdu.pdf)

[Korean](https://www.alberta.ca/assets/documents/cmsw-resources-for-albertans-experiencing-gbv-2020-korean.pdf)