

A close-up, black and white photograph of a person's face, focusing on the nose, mouth, and chin. The person's expression is one of distress or sadness, with their mouth slightly open and showing teeth. The skin appears textured and somewhat inflamed.

"I feel trapped."

Call or text 310-1818

Family Violence Info Line

If you're facing domestic or family violence, we're here to help you – 24 hours a day, seven days a week.

Available in more than 170 languages.

Chat online now. Alberta.ca/FamilyViolenceHelp

Alberta 