

RESOURCES FOR PEOPLE EXPERIENCING INTIMATE PARTNER VIOLENCE

If you or someone you know is experiencing intimate partner violence (IPV), know that you are not alone and that you deserve help.

Here are some of the resources and services available in Canada that can help keep you and your Family safe, provide more information about IPV and/or provide crisis support.



Call 911 if you are experiencing an emergency

In Nunavut: Contact your local RCMP detachment or 1-867-979-1111



SUPPORTS SPECIFIC TO VETERANS AND THEIR FAMILIES (Canadian Armed Forces [CAF], active members, Royal Canadian Mounted Police [RCMP])

Free, confidential and bilingual phone lines

Canadian Forces Morale and Welfare Services

Family Information Line

Call 1-800-866-4546 (North America, available 24-7)

Call 00-800-771-17722 (international)

Email: FIL-LIF@cfmws.com

Connects callers to counsellors providing information about community-relevant resources, services and programs, and resources from the CAF, Department of National Defence and the local community.

Member and Family Assistance Services

Call 1-800-268-7708 (available 24-7)

TTY: 1-800-567-5803 (for persons who are deaf or hard of hearing)

Provides telephone and face-to-face counselling for well-being concerns to active CAF members and their Families.

VAC Assistance Service

Veterans Affairs Canada (VAC)

Call 1-800-268-7708 or use the [online chat](#) to make an appointment (both available 24-7)

Provides Veterans of the CAF and RCMP, their Families and caregivers with short-term psychological support and referrals to local mental health professionals.

Crisis texting service for kids of CAF Families

Provided by Kids Help Phone in collaboration with Canadian Forces Morale and Welfare Services and Lockheed Martin

Text CAFKIDS to 686868 (available 24-7)

Provides texting support service for youth, teens and young adult children of military Families. Provides emotional support and mental health information to kids navigating challenges related to a military lifestyle, such as relocation and separation from Family when on deployment.

Educational resources

Canadian Forces Morale and Welfare Services

Healthy relationships

Tip sheets on maintaining healthy intimate relationships, recognizing and responding to unhealthy relationship dynamics, and navigating challenges unique to life in the military. Also includes links to Canadian Forces Morale and Welfare Services' online learning resources and other services.

Intimate partner violence:

Supporting friends in unhealthy relationships

An online course for individuals whose friends and/or Family are or may be experiencing IPV. Curriculum includes an overview of IPV, tips for recognizing healthy vs. unhealthy relationship dynamics, common barriers to leaving a violent relationship and creating a safety plan.



GENERAL SUPPORTS

Free and confidential phone lines

Crisis and intake line

Battered Women's Support Services

Call 1-855-687-1868 (available 24-7)

Text 1-604-652-1867

Email: intake@bwss.org

Connects callers to staff trained to provide emotional support to women experiencing IPV and help them access community resources and create a safety plan. Staff can also provide information about legal supports and referrals to transition houses, lawyers, medical services and community services. Specific supports and referrals are available for immigrant women and First Nations women.

Kids Help Phone

Call 1-800-668-6868 (available 24-7)

Text 686868 (available 24-7)

Provides bilingual telephone and texting support services for youth, teens and young adults. Callers are connected to staff trained to provide mental health information and tips, mental health crisis support and/or professional counselling.

Hope for Wellness Helpline

Call 1-855-242-3310 or use the [online chat](#) (both available 24-7)

Connects Indigenous Peoples to experienced and culturally competent counsellors. All services are bilingual. Telephone support is also available, upon request, in Cree, Ojibway and Inuktitut (not available 24-7 – call to confirm availability of a counsellor who speaks your preferred language).

Talk Suicide Canada

Crisis Services Canada

Call 1-833-456-4566 (available 24-7)

Residents of Quebec:

Call 1-866-APPELLE (1-866-277-3553)

Text 45645 (available 4 p.m. to midnight, Eastern time)

Connects callers to crisis responders trained in suicide prevention.

Lists of resources and services

Each of the following resources provide links and information for support services that include women's centres, sexual violence support services, legal aid services and/or crisis lines.

Many of these services are listed by province.

ShelterSafe

Find a shelter

Provides location and contact information for shelters and support centres across Canada. Listed shelters and support centres may include those servicing Families, women, non-binary individuals, First Nations, Inuit and Métis Peoples and/or members of the 2SLGBTQIA+ community.

Provincial and territorial crisis lines

Provides information for domestic violence support lines.

Ending violence association of Canada

Shelters, transition houses and support services

List of shelters, transition houses, women's centres, Family services and victim services. Also includes national helplines for Indigenous Peoples, youth, transgender individuals and survivors of human trafficking.

Sexual assault centres, crisis lines and support services

List of sexual assault support centres, women's centres and victim services across Canada. Also includes helplines for Indigenous Peoples, youth, transgender individuals and survivors of human trafficking.

Support services

Canadian Women's Foundation

List of national and provincial support services for women experiencing IPV, including information about shelters, transition homes, legal aid centres, sexual violence support centres and crisis lines.

Find a Friendship Centre

National Association of Friendship Centres

List of Friendship Centres providing community support to First Nations, Inuit and Métis Peoples.

Victim Services

Royal Canadian Mounted Police

Information related to victim services across Canada that support recovery and enhance safety for those who have experienced crimes and trauma, as well as prepare them for criminal justice proceedings.

Educational resource

Abuse is wrong

Department of Justice Canada – Family Violence Initiative

Provides an overview of different types of abuse, answers to commonly asked questions about IPV and types of service providers and personnel that support those experiencing IPV.

If you would like to provide an update to any of the resources listed in this document, please email us at info-atlas@theroyal.ca.

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Disclaimer: Views and opinions expressed are solely those of the Atlas Institute for Veterans and Families and may not reflect the views and opinions of the Government of Canada.