



**“I’m worried
about my friend.”**

Call or text 310-1818

Family Violence Info Line

**If someone you know is experiencing
domestic or family violence, we are here to
help – 24 hours a day, seven days a week.**

Available in more than 170 languages.

Chat online now. [Alberta.ca/FamilyViolenceHelp](https://alberta.ca/FamilyViolenceHelp)

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