

A close-up, black and white photograph of a person's mouth and nose. The person's lips are slightly parted, and the text "I'm worried about my mom." is overlaid in a large, bold, white font across the mouth area.

**“I'm worried
about my mom.”**

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

Alberta 