



**“I don’t know  
what to do.”**

**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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