



**“I needed help.”**

**Call or text 310-1818**

## **Family Violence Info Line**

**If you're struggling with abusive and controlling behaviours, reach out – 24 hours a day, seven days a week.**

*Available in more than 170 languages.*

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

*Alberta* 