

A close-up, black and white photograph of a person's face, focusing on the nose, mouth, and chin. The person's expression is one of distress or fear, with their mouth slightly open and a furrowed brow. The lighting is dramatic, highlighting the texture of the skin and the contours of the face.

"I feel trapped."

Call or text 310-1818

Family Violence Info Line

If you're facing domestic or family violence, we're here to help you – 24 hours a day, seven days a week.

Available in more than 170 languages.

Chat online now. Alberta.ca/FamilyViolenceHelp

Alberta 