



Community Resources for Relationship Violence and Sexual Abuse

24-hour phone numbers

- **Police/RCMP: 911** For an emergency or if you are in immediate danger
- **Neighbours, Friends and Families 24-hour Help Line: 1-855-225-0220**, answered by the Transition Houses across the province
- **Provincial Help Line: 1-877-521-1188** General help line for any adult who is in crisis
- **Kids Help Phone: 1-800-668-6868** General help line for any child or youth who needs crisis services
- **Harbour House: 543-3999 or 1-888-543-3999** Emergency help and shelter for women and their children
- **South Shore Regional Hospital- Mental Health Crisis line: 1-888-429-8167**
- **811** Non-emergency health information and services line. Registered nurses provide advice, information, and referrals in English and French. Interpretation is available for several other languages.

Resources/ Services: Free, confidential, non-judgmental, for questions, advice, support

FOR WOMEN:

- **Harbour House** (Bridgewater) 24-hour **543-3999** / Outreach, Child and Youth Workers **543-9970**
E-mail: ED@harbourhousebw.com web site: www.harbourhousebw.com
A transition house and shelter for women.
Support, questions, counseling, groups, referrals, accompaniment and emergency housing.
- **Second Story Women's Centre** (Lunenburg) **543-1315** or **640-3044** Weekdays, 10am - 4pm
E-mail: info@secstory.com web site: www.secstory.com
Counseling, questions, support, referrals, resources, workshops, accompaniment to court or appointments with other agencies, and access to technology.

FOR MEN, WOMEN, COUPLES, FAMILIES:

- **Alternatives Institute** (Bridgewater) **543-7444** or **1-877 882-7722**
E-mail: alternatives@ns.sympatico.ca web site: www.alternativesinstitute.com
Counseling and support for men, women, couples, families, youth, community
- **South Shore Family Resource Centre** (Bridgewater) **543-1301**
E-mail: heather@southshorefamilyresource.org web site: www.southshorefamilyresource.org
A listening ear, support, questions, conversation, referrals
- **Emergency Protection Order 1-866-816-6555** Contact to apply for emergency protection order
- **RCMP**
Constable Kim Szczucocki, 527-5555
Constable Rob James, Domestic Violence Coordinator, 527-5555
- **Victim Services 1-800 565-1805** Weekdays, 9am -4:30 pm. For information, support, counseling, accompaniment through court system process, victim impact statements.