

If you or someone you know is being abused, get help. Here's information about people and agencies that can help you.

If you're in immediate danger



Call 911. If you don't speak English, ask 911 for an interpreter.
If your area doesn't have 911 service, call your local emergency police or RCMP.

Services to help you



Abuse in relationships *isn't* a private family matter. Support services and trained people can help you and your children wherever you live in BC.

Telephone helplines

VictimLinkBC gives confidential, multilingual support for victims of abuse. They offer referral services and information about support resources.

1-800-563-0808 (24 hours a day)

victimlinkbc.ca

BC211 provides free information and referrals to community, government, and social services.

211 (24 hours a day)

bc211.ca

Safe housing

Shelters and transition houses are free, temporary places for women to stay when they're leaving an abusive partner. These houses provide a safe place to stay and support services to women and their children.

To find housing in your community, call:

BC Society of Transition Houses:

604-669-6943 (Greater Vancouver)

1-800-661-1040 (elsewhere in BC)

Or call VictimLinkBC at **1-800-563-0808**

Income assistance (welfare)

Apply for emergency money from the BC Ministry of Social Development and Poverty Reduction:

1-866-866-0800 or

myselfserve.gov.bc.ca

If you need an advocate to help you apply for financial assistance, contact **povnet.org** (click "Find an Advocate").

See also *What to Do About Money*.

Emotional support

You may want to talk to someone about your situation. Call VictimLinkBC to get help from a victim assistance worker who can tell you about emotional supports available in your community.

Help in different languages

VictimLinkBC offers help for victims of abuse in 110 languages.

1-800-563-0808

AMSSA provides a list of multicultural agencies that have interpretation and translation services for immigrants.

604-718-2780 (Greater Vancouver)

1-888-355-5560 (elsewhere in BC)

amssa.org

Legal help

Legal Aid BC (Legal Services Society)

Contact Legal Aid BC to learn about free legal services. Tell them if you've been abused and need help to stay safe and to keep your children safe.

You may qualify for a free lawyer. Our services are in many languages.

604-408-2172 (Greater Vancouver)

1-866-577-2525 (elsewhere in BC)

legalaid.bc.ca

If you don't qualify for a lawyer to take your case, you can find out about other legal services, such as:

- Family LawLINE
- family duty counsel (a lawyer at court)

Other Legal Aid websites:

familylaw.lss.bc.ca (family law information)

mylawbc.com (help making a safety plan)

aboriginal.legalaid.bc.ca (legal information for Aboriginal people)

Lawyer Referral Service

Gives you the name of a lawyer you can talk to about your legal problem for \$25 plus taxes (first half hour)

604-687-3221 (Greater Vancouver)

1-800-663-1919 (elsewhere in BC)

Access Pro Bono Society of BC

Legal clinics where you can meet with a lawyer for half an hour for free, if you qualify

604-878-7400 (Greater Vancouver)

1-877-762-6664

Legal services for Aboriginal people

Call VictimLinkBC for the name of a Native courtworker near you who can help:

1-800-563-0808

Services for the LGBTQ/2S community

QMUNITY provides referrals to lawyers, shelters, and other resources

604-684-5307 ext. 100

Legal Aid BC publications

Legal Aid BC publishes booklets about the law. These are booklets about abuse:

- *Clear Skies* (available in English only) is a graphic novel that introduces you to your legal rights through storytelling and artwork.



- *For Your Protection: Peace Bonds and Family Law Protection Orders* (available in English only) explains how and when to apply for peace bonds and family law protection orders, and what the differences are between them.



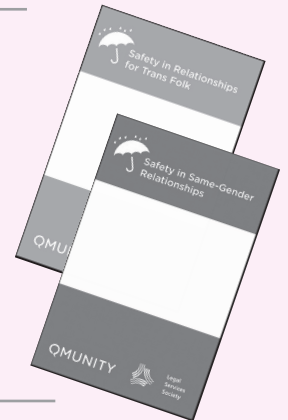
- *Leaving Abuse* (available in English only) is a graphic novel that shows (with illustrations and a plain language story) how to find support and legal aid.



- *Mothers Leaving Abusive Partners: Family Law Information* (available in simplified and traditional Chinese, Punjabi, Spanish, and online only in French) describes how to protect yourself and your children, what the courts can do, deciding parenting arrangements, and where to get help and support.



- *Safety in Relationships for Trans Folk and Safety in Same-Gender Relationships* (available in English only) describe relationship abuse, provide tips for staying safe, dispel common myths, and list community resources where help is available.



- *Is That Legal?* (available in Arabic, simplified and traditional Chinese, Punjabi, and Spanish) helps youth become safer online when they use social media.



Read these publications at legalaid.bc.ca/read.

Order copies at crownpub.bc.ca (under Quick Links, click BC Public Legal Education & Information).

Clear your browsing history

If you're using a computer or mobile device that your partner has access to, erase your browsing history. For more information, see wikihow.com/Clear-Your-Browser's-Cache. You could also consider using a computer at a library.