

Resources for Survivors and Supporters

Use this page to find current crisis services, safety-planning information, regional directories, and general legal-information pathways.

This page provides general information. It does not replace emergency, legal, medical, or mental-health advice. Services and contact information can change. Confirm current details directly with the organization whenever it is safe to do so.

If you are in immediate danger, contact the emergency service for your location when it is safe and appropriate.

Canada

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8, 24 hours a day, for suicide-related crisis support or if you are worried about someone else.

988.ca

Government of Canada Family-Violence Services

Provincial and territorial helplines, shelters, and support services.

[Family-violence services](#)

ShelterSafe

A national directory of shelters and transition houses across Canada.

sheltersafe.ca

Justice Canada

General information about family violence, victim services, protection orders, peace bonds, and legal support.

[Get help with family violence](#)

Alberta Family Violence Information Line

Call or text 310-1818. Available 24 hours a day, with multilingual support.

United States

National Domestic Violence Hotline

Call 1-800-799-SAFE (7233), text START to 88788, or use online chat.

thehotline.org

9-8-8 Suicide and Crisis Lifeline

Call or text 9-8-8 for suicide or mental-health crisis support.

United Kingdom

National Domestic Abuse Helpline

Free and confidential support, 24 hours a day. Call 0808 2000 247.

nationaldahelpline.org.uk

Women's Aid

Information, survivor resources, local-service directories, housing information, and safety-planning guidance.

womensaid.org.uk/information-support

Samaritans

Call 116 123 for emotional or suicide-crisis support.

Australia

1800RESPECT

National domestic, family, and sexual-violence counselling and support. Call 1800 737 732 or text 0458 737 732.

1800respect.org.au

In immediate danger in Australia, call 000.

Safety Planning

A safety plan is personal. What improves safety for one person may increase risk for another. Consider developing a plan with a trained domestic-violence advocate when that support is available.

A plan may consider:

- trusted people and emergency contacts
- safer places available in different circumstances

- access to identification, medication, keys, money, and essential records
- children, dependants, pets, transportation, housing, and accessibility needs
- technology, location sharing, passwords, accounts, and device monitoring
- workplace, school, immigration, cultural, faith, and community considerations

Do not confront another person, remove a safeguard, assemble supplies, change passwords, disable tracking, or install a new application if doing so could increase danger.

Personal Safety-Planning Tool

[National Domestic Violence Hotline](#)

Safety-Planning Resources

[Women's Aid](#)

Digital Safety

Internet and device activity can be monitored, and records may remain even after browsing history is cleared.

If monitoring is a concern:

- use a device or account the other person cannot access, when available
- consider contacting a specialist service before changing passwords or settings
- review location sharing, cloud accounts, connected devices, and shared plans only when safe
- do not assume private browsing makes activity invisible
- remember that installing a new application may itself be noticed

[The Hotline's technology-safety guidance](#) explains that internet activity may be monitored and may be impossible to erase completely.

Legal Information

Laws and available protections differ by country, province, state, and territory. Online information is general and may not apply to a particular case.

A domestic-violence advocate, victim-services worker, legal-aid service, or qualified lawyer can provide information relevant to the reader's location and circumstances.

- **Canada:** [Justice Canada](#)
- **United Kingdom:** [National Domestic Abuse Helpline: Rights and Options](#)
- **Australia:** [1800RESPECT service directory](#)
- **United States:** [National Domestic Violence Hotline](#)

A Note About Online Communities

Public forums and social-media groups vary widely in privacy, moderation, and safety. Participation may be visible to other users or to someone with access to the reader's device or accounts.

Online peer support can complement professional or community support, but it should not be presented as confidential crisis care, legal advice, or a substitute for specialist assistance.

Remember

You are not required to take every step at once.

You are not required to disclose before you feel ready or safely supported.

You may begin by identifying one trustworthy source of information or one person who helps you think more clearly.

You are not alone.