

# Safety Alert

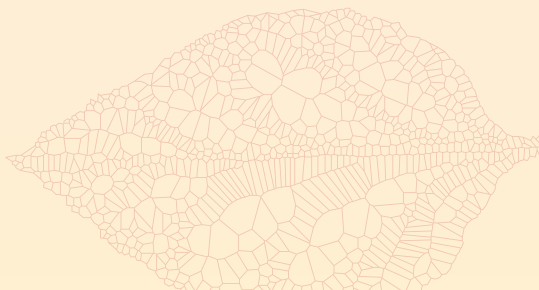
If you have experienced domestic abuse, know that you are not alone, and that there are a variety of supports available to you.

**If you are in immediate danger, call 911.**

If you are seeking help or are looking for information about abuse, you can call the **Transition House Association of Nova Scotia's 24-hour toll-free line:**  
**1 855 225 0220**

**Your local number:**

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## Quick connect

<b>Community and social services</b> .....	211
<a href="http://ns.211.ca">ns.211.ca</a>	
<b>HealthLink</b> .....	811
Hearing impaired .....	711
<a href="http://811.novascotia.ca">811.novascotia.ca</a>	

## Help Lines

<b>Crime Stoppers</b> .....	1-800-222-8477
<b>Kids Help Phone</b> .....	Toll-free 1-800-668-6868
<b>Mental Health Crisis Line:</b> serves all of Nova Scotia 24/7 .....	1-888-429-8167
<b>Avalon Sexual Assault Centre, Halifax</b> Crisis Line .....	902-422-4240

## Transition Houses and Shelters Crisis Lines

<b>Amherst</b> , Autumn House .....	902-667-1200
<b>Antigonish</b> , Naomi Society .....	902-863-3807
<b>Bridgewater</b> , Harbour House .....	902-543-3999
<b>Digby</b> , Juniper House .....	902-742-8689
.....	Toll-free 1-800-266-4087
<b>Halifax</b> , Byrony House .....	902-422-7650
<b>Kentville</b> , Chrysalis House .....	902-679-1922
.....	Toll-free 1-800-264-8682
<b>New Glasgow</b> , Tearmann House .....	902-752-0132
.....	Toll-free 1-800-831-0330
<b>Port Hawkesbury</b> , Leaside Transition House .....	902-625-2444
.....	Toll-free 1-800-565-3390
<b>Shelburne</b> , Juniper House .....	902-742-8689
.....	Toll-free 1-800-266-4087
<b>Sydney</b> , Cape Breton Transition House ..	902-539-2945
.....	Toll-free 1-800-563-2945
<b>Truro</b> , Third Place .....	902-893-3232
.....	Toll-free 1-800-565-4878
<b>Yarmouth</b> , Juniper House .....	902-742-8689
.....	Toll-free 1-800-266-4087