

I can find contact info by Googling
Directory of Services for Victims of Abuse

Threats of suicide

Chimo Help Line: 1-800-667-5005

Canada Firearms Program: 1-800-731-4000

Police/RCMP:

Family Doctor:

Counsellor:

Mental Health:

Addictions:

Emergency room:

Life events

Family Law Info line: 1-800-236-2444

Public health nurse:

Family doctor:

Red Cross Homemaker service:

Counselling service:

Retirement:

Employment:

My Contacts

Personal support

Family members:

Friend:

Neighbour:

Boss:

Co-Worker:

Religious leader:

Available resources and services

Transition House:

DV Outreach:

Mental Health:

Alcohol and drug use

Chimo Help Line: 800-667-5005

Addiction Services:

Mental Health Services:

Treatment programs:

Family doctor:

Emergency room:

Economic stressors

Chimo Help Line: 1-800-667-5005

Financial and Debt Management:

Career Counselling:

Employment Counselling:

Presence of weapons

RCMP/Police:

Canada Firearms Program: (Tell them you are calling about spousal abuse): 1-800-731-4000

Increasing physical violence

Police/RCMP:

Transition house:

DV Outreach:

Personal perception of risk

DV Outreach:

Transition House:

Victim Services:

Police/RCMP:

Attitudes and values

Religious support:

Service provide:

DV Outreach:

Love Shouldn't Hurt – www.violence/gnb.ca

Emotional support

Community organization:

Family Resource Centre :

Counselling service:

Mental health clinic:

Self-help groups:

Presence of children (also pets)

Child Protection: 1-888-992-2873

Family Law Information Line: 1-888-236-2444

Safe for Pets Too – nearest transition house

Family Law NB: www.familylawnb.ca

Family Legal Aid: www.legalaid.nb.ca

Kids Help Phone: 1-800-668-6868

Physical and mental health

Chimo Helpline: 1-800-667-5005

Family doctor:

Mental Health Clinic:

Emergency room:

Extreme jealousy

Counselling services:

DV Outreach:

Fear – Warning signs (Emergency dial 911)

Police/RCMP:

Transition House:

Reaction to past attempts to leave

Transition House:

DV Outreach:

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www.legal-info-legale.nb.ca • pleisnb@web.ca

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Strategies for Staying Safer

My Contact List



Someone I can trust to help me:

Name:

Phone:

Email: