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## Online, Text or Call

### Love Is Respect

Highly-trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counsellors, service providers and members of law enforcement.

**24 hour live chat:** [www.loveisrespect.org](http://www.loveisrespect.org)

**24 hour crisis:** 1.866.331.9474

TTY: 1.866.331.8453

**24 hour text:** loveis to 22522

### Kids Help Phone

Free and anonymous service supports young people as they build the skills and abilities they'll need to improve their emotional health and well-being.

**Live chat:** [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (Wed-Sun, 4pm-midnight)

**24 hour crisis:** 1-800-668-6868

## LGBTQ

### Pride Centre Edmonton

Supports and programming for the GLBTIQ2SAA (Gay, Lesbian, Bisexual, Transgender, Transsexual, Intersex, Queer, Questioning, 2-Spirit, Asexual and Allied) community and its supporters in Edmonton. (780) 488-3234

[www.pridecentreofedmonton.org](http://www.pridecentreofedmonton.org)

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## First Nations, Metis, Inuit

### Native Counselling Services of Alberta

Committed to providing healing and harmony to the Aboriginal community through a variety of avenues, covering everything from programs that prevent youth recruitment into street gangs, family and community wellness programming to legal education, national health campaigns, video production and community-based research. [www.ncsa.ca/online](http://www.ncsa.ca/online).

### Aboriginal Consulting Services

Provides services that honour the mind, body, spirit and emotions of each person that walks through their door. The team works collectively with clients by supporting the client in believing that they are the expert when it comes to their personal journey, and provides programs to achieve this goal.

## Remember...

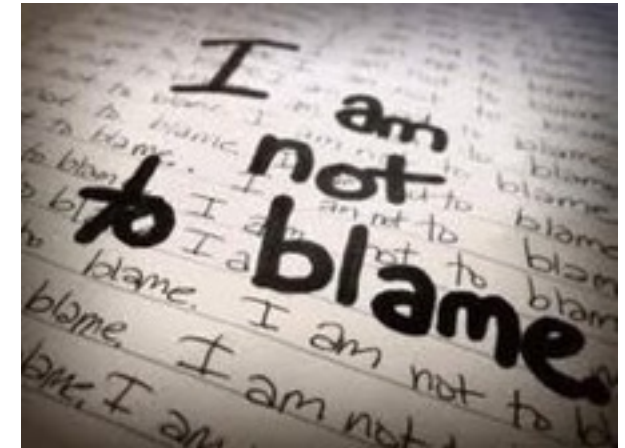
The survivor is never to blame for what was done to them. Sexual assault centres and these resources can offer confidential, empathetic support and the information survivors need to make the decisions that are right for them.



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# Sexual Assault Resources

The time after experiencing a sexual assault can be very confusing. It can be difficult to know what to do and where to turn. Inside you will find a selection of resource for prevention, education, crisis support, counselling and reporting.



*“Since every person’s experience and recovery process is unique, only you know what is right for you.”*



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**If you or someone else is in immediate danger always call 911.**

*You do not have to be in crisis to call a crisis line. Call for general information or guidance on supporting a friend or family member. Call if you have relationship questions, are looking for information on sexual health, are worried for a friend or just want to talk.*

## Drayton Valley

### Pembina Crisis Connection Society

A non-profit dedicated to prevention of violence of all forms directed towards self and others. Coordinate resources and educational opportunities, provide information and referrals on issues of family violence, sexual and gendered violence, bullying, abuse across the life span, and suicide. Provides emergency transportation for women, with or without children, to recognized shelters outside of the community.  
780-621-2363  
pembinacrisisconnectionsociety@gmail.com  
www.facebook.com/  
pembinacrisisconnectionsociety

### Comprehensive Family Violence Institute

A non-profit that provides 12-week programs for men, women and adolescents combining group work and individual counselling to build healthy relationship skills and break the cycle of anger, anxiety and abuse.  
780-542-6702  
hscinc@telus.net  
www.beyondanger.org

### Cardium Region Victim Services

A non-profit, police-based, community-supported society. Services are offered at no cost to the victim; they are confidential and available 24/7. Services include emotional support, practical assistance and help navigating the court system. Our goal is to help reduce the impact of trauma, both at the time of the crisis and over the long term. We strive to create a non-judgemental and supportive environment for those dealing with the aftermath of loss, tragedy or crime.  
780-542-7009  
Main Office: 5409 Industrial Road (in RCMP detachment)  
www.cardiumregionvictimservices.com

## Edmonton & Area

### Sexual Assault Centre of Edmonton

A feminist-based not-for-profit charitable organization that supports children, adolescents, and adults who have experienced sexual abuse or assault, and educates the public about sexual violence. Professional development opportunities available.

**24 hour crisis:** 780-423-4121 (can call collect)  
info@sace.ab.ca  
www.sace.ab.ca

### Compass Centre for Sexual Wellness

A pro-choice, charitable organization that provides sexual health education and counselling services in Edmonton and surrounding communities.  
780.423.3737  
info@compasscentre.ca  
www.optionssexualhealth.ca

### The Distress Centre

Offers immediate support and crisis intervention, online, phone and in person counselling services.  
**24 hour distress line:** 780-482-HELP (4357)  
**Live chat:** www.distresscentre.com (3-10pm)  
Toll free: 1-800-232-7288

### SAFFRON: Strathcona Sexual Assault Centre

Provide counselling services to persons who have suffered from sexual assault, abuse and sexual violence, as well as those person who have been affected by sexual assault. Provide proactive education regarding all aspects of sexual assault, abuse and sexual violence.  
**24 hour crisis:** 780-449-0900  
Toll Free: 1-888-416-7722  
info@saffron-ssac.com  
www.saffron-ssac.com

## Red Deer

### Central Alberta Sexual Assault Support Centre

A voluntary, non-profit organization that educates, supports and empowers individuals, families and communities regarding regarding all aspects of sexual abuse and sexual assault. Crisis and short-term counselling services are available to victims of sexual assault and their families.  
**24 hour crisis:** 403-340-1120  
casasc@casasc.ca  
www.casasc.ca