

## IF YOU ARE IN DANGER

If you think you are in danger,  
call **9-1-1** for emergency help.

If you need help in a  
language other than  
English, say what  
language you speak.






**Every woman deserves  
safety and respect.**




Download the 100-page legal  
handbook for older women at  
[westcoastleaf.org/roads/](http://westcoastleaf.org/roads/)

## CONTACTS FOR OLDER INDIGENOUS WOMEN





**VICTIMLINK BC:** Information and support for victims of crime, in many languages. Call to find out where to get other types of help. Toll-free: 1-800-563-0808. Text: 604-836-6381. TTY: 604-875-0885.



**INDIGENOUS COMMUNITY LEGAL CLINIC:** Legal assistance for Indigenous people in the Lower Mainland of BC who cannot afford a lawyer. Toll-free: 1-888-684-7874.

**TTY:** Teletypewriter for deaf and hard-of-hearing people. Information current as of May 2016.

**SENIORS ABUSE AND INFORMATION LINE (SAIL):** A safe place for older adults to talk about abuse/mistreatment and its prevention. Toll-free: 1-866-437-1940 (8 am –8 pm). TTY: 1-855-306-1443.

**GRANDPARENTS RAISING GRANDCHILDREN SUPPORT LINE:** Help and information for grandparents and other relatives raising a family member's child. Toll-free: 1-855-474-9777 (Monday, Tuesday, Thursday & Friday, 11 am – 3 pm). Email: GRGline@parentsupportbc.ca

**RISE WOMEN'S LEGAL CENTRE:** Legal help with family law issues for low-income women. 604-451-7447.

**WOMEN AGAINST VIOLENCE AGAINST WOMEN (WAWAW):** Services for women who have experienced sexual violence. 24 hours, toll free: 1-877-392-7583.

**NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE:** Emotional support and information for survivors of residential schools. 24 hours, toll-free: 1-866-925-4419.

