

You are not alone. Police are here to help you. Their priorities are to keep you safe and investigate what has happened.

The police will also help you to contact Victim Services. Victim Services will give you information about the court process and connect you with support services.

Even if you do not want assistance now, you can always ask for help from the police or Victim Services later.

If you remember anything else about the incident, your investigator will want to know.

Being sexually assaulted is never your fault.

Investigator

Contact Info

File No.



Sexual Violence Support Services

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Sexual Assault Services

For free confidential support and information or to locate a sexual assault service near you, visit

aasas.ca/get-support/, or call/text:

Alberta's One Line for Sexual Violence

(9am to 9pm MT) | **1-866-403-8000**

(services offered in multiple languages)

Victim Services (Victim Support and Court Preparation)

Local victim-service units:

Access through your local police agency or visit

alberta.ca/victim-services-units.aspx

Victims of Crime Assistance Program:

alberta.ca/victims-of-crime-assistance-program.aspx

or call **310-0000**.

Health Concerns

In addition to your emotional and mental health, you may consider accessing resources for the following; sexually transmitted infection, possibility of pregnancy, family violence and substance use.

Consider accessing medical care as soon as possible. Alberta Health Link- **811*** or myhealth.alberta.ca/

Family Violence Info Line (toll free) | **310-1818*** (services offered in over 170 languages) or chat anonymously online between noon and 8:00pm at alberta.ca/SafetyChat

- Addictions Helpline | **1-866-332-2322***
- Mental Health Helpline | **1-877-303-2642***

Shelters

Alberta Council of Women's Shelters

1-866-331-3933

A listing of all shelters in Alberta is available at alberta.ca/shelters

Distress And Crisis Line

- Edmonton Distress Line | **780-342-7777***
- Calgary Distress Line | **403-266-4357***
- Rural Distress Line | **1-800-232-7288***

** 24-Hour services*