INTIMATE PARTNER VIOLENCE

AND AVAILABLE SUPPORTS



Following a webinar by Caregivers Nova Scotia,
Speaker: Krystal Lowe

1 Helplines

Provincial Neighbours, Friends and Families: 1.855.225.0220
All genders helpline: 211

2 Nova Scotia Making Changes

Catch all for resources and information related to intimate partner and domestic violence in Nova Scotia.

3 How to Help Someone Who Has an Abusive Partner

4 How to Talk to Someone Who Abuses their Partner

5 Alice on the go

Self-directed 6-week online program for women (18+) who have experienced intimate partner violence.

6 Safety Planning

Guidance on and considerations for safety planning, Nova Scotia Status of Women Making Changes Book.

7 Safety planning checklist

8 YWCA Gender-based violence support program

9 iHeal App

Discrete, trauma informed app for survivors of intimate partner and domestic violence. Includes information on local resources, self-care, boundaries, safety planning and considerations, as well as a self-risk assessment.

10 STEAR App

Discrete, trauma informed app for survivors of economic abuse. Includes resources, toolkits, risk assessment, etc. Multilingual.

11 Tech safety Canada

A project of Women's Shelters Canada; includes toolkits, information, and a "digital break-up tool" for safety planning considerations with technology.

12 Coercive Control Resource & Library

Toolkits and interactive experience to better understand coercive control.

13 Safely on Your Way

A book for people leaving a relationship with abuse. It explains how family law works and what to expect if you go to court.