

Family Violence Shelters

You can call 24 hours a day, 7 days a week for safety planning, crisis management, emotional support, information and referrals.

YWCA Alison McAteer House (Yellowknife)
Toll-free 1-866-223-7775 or in Yellowknife 873-8257

Family Support Centre (Hay River) Crisis:
(867) 874-6626 or (867) 874-3311

Inuvik Transition House
(867) 777-3877

Sutherland House (Fort Smith)
Toll-free 1-877-872-5925
or in Fort Smith 872-4133

Women and Children's Crisis Centre (Tuktoyaktuk)
(867) 977-2000

Other Resources

A New Day offers free individual and group therapy for men who have used violence in their intimate relationships. The program is offered by The Tree of Peace Friendship Centre in Yellowknife at their satellite location on 48th St. If you would like more information phone 867-873-2201.

If you are a young person, and you need someone to talk to, you can call the Kid's Help Line at 1-800-668-6868 or go to www.kidshelpphone.ca.

The NWT Community Counselling Program helps people deal with a variety of issues including family violence, mental health issues and addictions. It is available free-of-charge to every NWT resident, in every Health and Social Services Authority.

The NWT Help Line is available 24 hours a day, 7 days a week. Call 1-800-661-0844.

A variety of resources, including information about finding family violence shelters, the supports and victim services directory and the Northwest Territories Help Directory, can be found on these GNWT websites: www.hss.gov.nt.ca and www.justice.gov.nt.ca.

If you would like this information in another official language, contact us at
(867) 767-9052, ext. 49045.

Si vous voulez ces renseignements dans une autre langue officielle, prenez
contact avec nous au 867-767-9052, poste 49047.



Family Violence Where to get help in the NWT



What is Family Violence?

Family violence is an abuse of power within relationships of family, trust or dependency. Family violence includes many different forms of abuse, mistreatment or neglect that adults or children may experience in their intimate, kinship or dependent relationships. Family violence includes:

- Physical abuse: injuring you or family members;
- Psychological abuse: threatening you or members of your family, destroying your belongings or making you afraid for your safety;
- Emotional abuse: a pattern of treating you in a way that wears down your confidence and self-esteem;
- Financial abuse: forcing you or a family member to give up money or things;
- Forcible confinement: not letting you or an adult family member come and go freely; and
- Sexual abuse: forcing you to do something sexual you don't want to do.

Family violence can happen to anyone, regardless of race, education level, gender or age.

Some signs of abuse are as follows:

- Always putting you down
- Controlling what you do, who you can see and where you can go
- Stopping you from seeing your friends or family
- Making all the decisions
- Threatening or intimidating you with knives or other weapons
- Forcing you to give your money or paycheck, making you ask for money, or refusing to give you money
- Injuring you. Examples include shoving, slapping, choking or hitting you

Where can I get help?

We all have a role in stopping family violence. If you or someone you know is in immediate danger, call your local RCMP. Dial your local 3-digit prefix, followed by 1111. Communications

Whether you are a victim of abuse or are using violence in your relationship talk to someone you trust. It may be easier to talk privately to someone outside your own family. Your social worker or counsellor can help you. If you feel more comfortable with your priest, minister, doctor or nurse, they can help.

If you or members of your family are experiencing family violence you can talk privately by calling Alison McAteer House: 1-866-223-7775. The call is free and they can help you apply for an Emergency Protection Order.

What can an Emergency Protection Order do?

Every case is different, but an Emergency Protection Order can last for up to 90 days and may:

- Order the abusive person to stay away from you;
- Allow you to stay in your home without the abusive person being there; and
- Require the RCMP to take away any weapons the abusive person may have.

An Emergency Protection Order is granted by a designated Justice of the Peace who has been specially trained for this work.