## Do you need support coping with or leaving an abusive situation? We're here for you 24/7.

Free • Confidential • Live Chat, Text or Phone

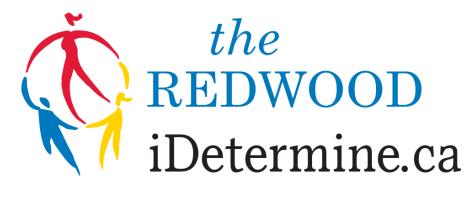
- Take the Healthy Relationship Quiz to identify risks you may be facing
- Fill in the Risk Management Plan Quiz for tips to keep you safer
- Receive one-on-one support from a caring iDetermine responder

Live chat: iDetermine.ca

Text: (647) 370-8300

Call: (416) 533-8538

TTY: (416) 533-3736



www.iDetermine.ca



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