

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](https://www.idetermine.ca)

Text: (647) 370-8300

Call: (416) 533-8538

TTY: (416) 533-3736

