Together We Can Keep Children Safe

During COVID-19, children and families are isolated, have increased stress, and reduced supports.
Home may not be safe for everyone right now. You can help by:

Checking in
on your neighbours, friends, and loved ones by phone or online. Deliver groceries, send mail, or provide emotional support.

Connecting
others to Family Resource Centres and Youth Outreach Programs. They are still operating to support communities.

Offering Kindness
rather than judgment. We’re all working through this together.

Reporting Abuse & Neglect
If abuse or neglect is suspected, you have a duty to report this to your local Child Protection Office. You can also call the after-hours at 1-866-922-2434

Seeking & Sharing
accurate and non-judgmental information and resources.
Local supports: 211
Health information: 811
Mental Health Crisis: 1-888-429-8167
Domestic abuse support: 1-855-225-0220
Kids Help Phone: 1-800-668-6868
Nova Scotia Health Authority/IWK Health Centre mental health and addictions services: 1-855-922-1122

We all have a role to play in keeping children and families safe and strong