

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**

Domestic abuse support:
1-855-225-0220

Health information: **811**

Kids Help Phone:
1-800-668-6868

Mental Health Crisis:
1-888-429-8167

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