What is abuse?

Abuse is any physical, sexual, emotional or psychological mistreatment such as:
- Physically hurting you, your children or your pets
- Threatening you, your children, your friends, your family or your pets
- Hitting, kicking, or slamming doors
- Forcing or coercing you to have sex
- Calling you names, swearing at you, yelling
- Controlling all the money, even money you earn
- Blaming you or your children for everything
- Putting you down, making you feel like nothing you do is ever good enough
- Controlling where you go, what you do, what you wear, who you see, who you talk to
- Refusing to let you leave the relationship

What if you are being abused?

It’s not your fault. Support and safety are available. There are people who care and are ready to listen. Talk to someone you trust. Call the numbers on this page. Keep asking for help until you get what you need.

How can you help someone who is being abused?

If you know someone is being abused, let them know you care and will listen.
- Show them this page, promote access to services in their community or a community of their choosing
- Believe them, listen to them and respect their privacy
- Help them plan for their safety.
- Outreach support for victims of abuse and shelters for women appearing on the left side of this page can help with safety planning.
- Respect their right to make decisions about their life when they are ready. Information and support helps them make informed decisions.

For more information, see:

www.gnb.ca/ViolencePrevention
www.gnb.ca/Violence
www.legal-info-legale.nb.ca/en/abuse_and_violence

Support Services for Victims of Abuse

Crisis Lines / Emergency Numbers

Police – emergency 911
Chimo Helpline 1 800 667-5005
Child Abuse and Neglect 1 833 733-7835
After-hours Emergency Social Development 1 800 442-9799
Canadian Human Trafficking Hotline 1 833 900-1010
Looking Out for Each Other (Missing & Murdered Indigenous Families In Need of Direction) 1 833 664-3463
Beauséjour Family Crisis Resource Centre Inc. 506 533-9100
Sexual Violence New Brunswick 506 454-0437
L’Éclipse Edmundston 506 739-7729
South East Sexual Assault Centre 1 844 853-0811
Libère-toi, Acadian Peninsula 506 395-3555
Greater Saint John Sexual Assault Response Team 506 634-8295 ext. 214

Free Shelters / Transition Houses for Women & Children

L’Accueil Sainte-Famille Inc. (Tracadie) 506-395-1500
Beauséjour Family Crisis Resource Centre Inc.: (Shediac) 506-533-9100
Crossroads for Women (Moncton) 506 875-3515
Escale Madavic (Edmundston) 506 739-6265
Fundy Transition House (St. Stephen) 506 466-4485
Gignoo Aboriginal Transition House (Provincial) 506 458-1224
Hestia House Inc. (Saint John) 506 634-7570
Maison de Passage House Inc. (Bathurst) 506 546-9540
Maison Notre Dame (Campbellton) 506 753-4703
Miramichi Emergency Centre 506 622-8865
Sanctuary House (Woodstock) 506 325-9452
Serenity House (Kent) 506 743-1530
Sussex Vale Transition House (Sussex) 506 432-6999
Women in Transition (Fredericton) 506 459-2300

Domestic Violence Outreach Services

Acadian Peninsula 506 395-6233
Bathurst 506 545-8952
Campbellton 506 790-1178
Charlotte County 506 469-5544
Kent County 506 743-5449
Edmundston 506 740-4888
Fredericton 506 458-9774
Kennebecasis Valley 506 847-6277
Miramichi 506 778-6496
Moncton 506 377-5444
506 381-8808
Saint John 506-566-5960
Shediac 506 533-9100
Woodstock 506 328-9680

Second Stage Housing for Women & Children

Liberty Lane (Fredericton) 506 451-2120
Maison Oasis (Kent) 506 743-5449
Residence of Hope (Shediac) 506 533-9100
Second Stage (Moncton) 506 875-3515
Second Stage Safe Haven Inc. (Saint John) 506 632-9289
Complexe de l’espoir Inc. (Tracadie) 506 395-6035
Carol-Ann’s House, (St. Stephen) 506 466-4590
Escale Madavic (Edmundston) 506 739-6265

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