

Do you behave violently toward your partner? It's time to seek help.

Quebec.ca/ressourceshommes

If you are having difficulty controlling your aggression, anger or emotions in your couple relationship, know that resources are available to help.

Go to Quebec.ca/ressourceshommes to find social agencies that provide support, mutual assistance and treatment for men whose circumstances are difficult, behave violently, and who are perpetrators of sexual abuse or were themselves sexually abused as children.

These resources are ready to help you.

Violence against women.
It stops now.

What to do if you are a victim of domestic violence?

If you need immediate help, call 911.

If you need support, compassion or advice on what to do, call SOS violence conjugale at **1 800 363-9010**.

The help line is confidential, bilingual and open 24 hours a day, 7 days a week.

Our female frontline workers will listen to you, reassure you and answer all your questions. They can also help find a temporary shelter for you and your children.

Quebec.ca/violenceconjugale