

SUPPORT SERVICES

If you have endured sexualized violence there are services that can help you.

If you have been sexually assaulted it is NEVER your fault. Sexualized violence is violence where the perpetrator has committed violence against someone through the means of unwanted, forced, non-consensual, sexual activity.

Without your consent, it is sexual assault.

Sexual assault can happen between people of any gender, people in a romantic relationship, family, friends, or anyone else. Sexual violence may occur as oral, vaginal, and anal rape, sexual molestation/ inappropriate touching, or any sexual contact that is non-consensual

If you have been sexually assaulted, you have the right to:

- Receive medical care
- Receive emotional support
- Give a statement to the RCMP
- Have a forensic examination to assist with gathering evidence

These rights are YOURS and the steps you take now are for you to choose. You can choose whether that be a combination of a few, a singular service, or all of them. Whatever you choose, know that you are not alone.

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DIGBY

Tri-County Women's Centre: (902) 245-6866 Toll Free: 1-877-742-0085
Sexual Assault Nurse Examiner (SANE): 1-877-742-0085
Juniper House: (902) 245-4789 24 hr Crisis Line: 1-800-266-4087
Digby General Hospital Emergency Department: (902) 245-2501
Digby Mental Health & Addictions Centre: (902) 245-4709
Mental Health & Addictions Self-Referral (Intake) Line: 1-844-380-4324
RCMP - Digby: (902) 245-2579
RCMP - Meteghan: (902) 645-2326
Provincial Victim Services Program: 1-800-565-1805
Victim Services Emotional Support: 1-902-490-5300
Mental Health Crisis Line: 1-888-429-8167
Residential School Survivors Crisis Line: 1-866-925-4419

YARMOUTH

Tri-County Women's Centre: (902) 742-0085 Toll Free: 1-877-742-0085
Sexual Assault Nurse Examiner (SANE) (902) 742-0085
Juniper House: (902) 742-8689 24 hr Crisis Line: 1-800-266-4087
Yarmouth Regional Hospital Emergency Department: (902) 749-2396
Nurse Practitioner: (902) 742-3542 ext. 1841
Yarmouth Mental Health & Addictions Centre: (902) 742-4222
Mental Health & Addictions Self-Referral (Intake) Line: 1-844-380-4324
RCMP - Yarmouth Town: (902) 742-8777
RCMP - Yarmouth County: (902) 742-9106
Provincial Victim Services Program: (902) 749-2230
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SHELburnE

Tri-County Women's Centre: (902) 875-4777 Toll Free: 1-877-742-0085
Sexual Assault Nurse Examiner (SANE): 1-877-742-0085
Juniper House: (902) 749-7170 24 hr Crisis Line: 1-800-266-4087
Shelburne Roseway Hospital Emergency Department: (902) 875-3011
Shelburne Mental Health & Addictions Centre: (902) 875-4200
Mental Health & Addictions Self-Referral (Intake) Line: 1-844-380-4324
RCMP - Barrington: (902) 637-2325
RCMP Shelburne: (902) 875-2490
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