*Resource List*

Discussing your experiences of hate may be difficult. If you feel distressed, you can call the Canadian Mental Health Association 24/7 Distress Line (CMHA) at 780-482-4357. In addition, the following resources are available in Edmonton to support you if you have experienced hate or discrimination and wish to seek additional support or report experiences of hate:

* **Act2EndRacism Network** - The ACT2endracism network is a national coalition working to address COVID-19 related racism and provide support to targets of racism. Their online and text message reporting is available now in English, Traditional/Simplified Chinese, French, Japanese, Korean, Vietnamese, and Tagalog.
	+ Text "hi" to 1-587-507-3838
* **Alberta Human Rights Commission** - People can lodge human rights complaints that can be addressed through resolutions, tribunals, court hearings, and settlement.
	+ Phone: 780-427-7661.
* **B’nai Brith Canada** - People who have observed or experienced antisemitism, racism, or discrimination can report their experience and receive personalized support or advocacy.
	+ Reports can be made online at <https://www.bnaibrith.ca/report-an-incident/>
	+ Phone: 1-844-218-2624
	+ Email: reportanincident@bnaibrith.ca
* **Edmonton Police Service** - The Hate Crimes and Violent Extremism Unit will investigate hate crimes and incidents while conducting follow-up. The Crime and Trauma-Informed Support Services Unit offers client-led, trauma-informed support and navigation through the criminal justice system.
	+ Emergency Line: 911
	+ Non-Emergency Line: 780-423-4567
* **Organization for the Prevention of Violence** – Their intervention team provides free, voluntary, and confidential services to individuals and families affected by hate.
	+ Phone: 1-780-782-8070
	+ Email: refer@preventviolence.ca
* **RARICANow** – This organization provides counseling and advocacy support to LGBTQ2S+ newcomers and refugees.
	+ Phone: 1-587-778-6178
* **Stride Advocacy** - Stride Advocacy provides direct support to community members seeking a remedy to human rights violations and concerns. Advocates support by helping write letters, filling out complaints, quietly witnessing meetings/events/court proceedings, and supporting with research.
	+ Email: stride@jhcentre.org
* **National Council of Canadian Muslims** - People who have observed or experienced Islamophobia or other forms of harassment can report their experience and receive personalized support or advocacy.
	+ Reports can be at: <https://www.nccm.ca/programs/incident-report-form/>