



Template Social Media Post

Image below.

Did you know the Abuse-Free Sport Helpline is free and available to all Canadians? If you have questions about maltreatment or discrimination in sport, professionally-trained operators will:

- Listen and provide support;
- Advise you on the reporting process; and
- Refer you to the relevant reporting mechanism for your individual situation, as well as other resources.

Anonymous, confidential and bilingual, the Abuse-Free Sport Helpline is open 7 days a week, from 8 AM to 8 PM.

<https://abuse-free-sport.ca/helpline>