

# COURSES OF ACTION IN THE FACE OF VIOLENCE

## Where to Get Help

### Reference Guide

People who are experiencing or have experienced violence from an intimate partner can take various courses of action based on their needs.



### Talking to a trusted person

Talking to a trusted person, if there is one, can break down the isolation and loneliness experienced in violent situations.

This person can be part of the biological or chosen family, a friend, or anyone else who is trusted.



### Contacting specialized resources

Various resources are available to LGBTQ+ community members who want to talk about the violence they experienced:

Par exemple :

- [Interligne](#) et its [Alix service](#) – anonymous helpline and reporting service for LGBTQ+ people in violent situations
- [REZO \(in French only\)](#) – individual support for men who are gay, bisexual and/or engage in sexual relations with cis or trans men
- [Aide aux Trans du Québec](#) – individual support for trans, non-binary and questioning people
- [Centre de solidarité lesbienne](#) – individual support for women and non-binary people
- [Tel-jeunes](#) – phone and chat helpline for persons aged 20 and younger, including those who are LGBTQ+ or questioning



## Protecting themselves

People who are experiencing or have experienced violence from an intimate partner can take steps to protect themselves, such as:

- requesting an “**810**” (or “peace bond”), following which a judge may order their partner or ex-partner to comply with certain conditions (e.g., refraining from contacting or coming near them), or
- asking for a **protection order**, which also comes with conditions the partner or ex-partner must comply with.



For more information, read our article: [Protecting Yourself From Domestic Violence](#)



## Seeking reparation for harm suffered due to violence

There are various options available to people who are experiencing or have experienced violence and are seeking reparation for the physical, psychological or financial harm they suffered. They include:

- participating in a **restorative justice** process. Various organizations offer services allowing people in violent situations to seek reparation outside the traditional justice system. These services come in various forms (e.g., mediation, group discussion),
- suing the perpetrator in **civil court**, and
- asking for monetary compensation through a **government program**.



For more information, read our articles:

- [Participating in Restorative Justice as a Victim of Crime](#)
- [Compensation for Victims of Crime](#)



## Making a report to the police

Violence against former or current intimate partners isn't a crime in and of itself.

However, **some violent acts are crimes** (e.g., forcing a partner to take part in a sexual activity, repeatedly contacting an ex-partner with the intent to harass them).

In such cases, the person who experienced the violent acts can report them to the police.



For more information, read our article: [Making a Domestic Violence Complaint: The Steps Explained](#)



## Consulting a legal clinic

Depending on the circumstances, there may be many possible courses of action in a violent situation. People who are experiencing or have experienced violence can consult a legal clinic for more information about each of these options.

Legal clinics typically offer **legal information at no or low cost**. Some clinics can also give **legal advice** for specific cases.



To find a legal clinic, consult the [Barreau du Québec's List of Access to Justice Resources](#)

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