DAY14·TUESDAY, DECEMBER 8, 2026

14 EVERYONE DESERVES A PATH TO SUPPORT.



Seeking support can mean navigating barriers within services as well as harm within a relationship. Inclusive support means examining assumptions and changing processes that exclude people.

UNDERSTANDING THE TOPIC

Barriers suchas language,racism, fear linked to immigration status,homophobia and transphobia come from how systems are designed and how people are treated—not from the people seeking help.

Someone may hesitate if they have faced discrimination before, if information isn't in their language, or if they're unsure how their information will be used. Improving access is the responsibility of organizations.

WHAT INSTITUTIONS CAN DO

- Language: offer professional interpretation, not family members or children.
- Racism: review practices with the communities you serve, and act on what you hear.
- Immigration status: explain what information you ask for and how it is used.
- Homophobia and transphobia: use inclusive forms and recognize abuse in 2SLGBTQI+ relationships.

ONE PRACTICAL ACTION

ASK WHO ISN'T BEING REACHED.

If you're part of an organization, review one way people find you—your website, intake form or outreach materials—with someone from a community you want to reach. Then act on their feedback.

KEY TAKEAWAY

Ask who your service isn't reaching—and what needs to change.

LEARN MORE

Assaulted Women's Helpline
awhl.org
Women and Gender Equality Canada — 16 Days of Activism
canada.ca/en/women-gender-equality/commemorations-celebrations/16-days.html

NEED SUPPORT?

You don't have to work out next steps alone.
Women's Habitat 24-hour crisis line: 416-252-5829
Assaulted Women's Helpline (24/7): 1-866-863-0511 · #SAFE (#7233) on a Bell, Rogers, Fido or Telus mobile
In immediate danger, call 911.