



Canadian  
Human  
Trafficking  
Hotline

24/7 | Toll-Free | Confidential | 200+ languages



# Your employer shouldn't be a threat

As a migrant worker in Canada, you should never experience abuse. No one should ever threaten you with violence, arrest, or deportation.

**If this is happening to you, we can help.**

**Call**  
1-833-900-1010

**Chat**  
[canadianhumantraffickinghotline.ca](https://canadianhumantraffickinghotline.ca)



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# Your ID belongs to you

As a migrant worker in Canada, you have the right to keep your passport, identification and legal documents. No one should ever withhold your personal documents.

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# Your money should stay yours

As a migrant worker in Canada, you are entitled to the pay your employer promised. No one should ever force you to pay to work or illegally deduct money from your wages.

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# Your work shouldn't risk your health

As a migrant worker in Canada, you should never have to live or work in unsafe conditions. No one should force you to do work you weren't hired for.

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# Your job shouldn't be a prison

As a migrant worker in Canada, you have the right to move freely and stay in contact with loved ones in your home country. No one should ever control where you go or who you talk to.

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