

Off-campus support

Version 5

Published 11/11/2021 by [Gerald Encabo](#) Last updated 5/14/2024 3:03 PM by [Ran Luo](#)

Community Resources

Emergency support

If you feel suicidal or that you may harm yourself, please go to your nearest hospital emergency room or contact Canada's Suicide Crisis Helpline by calling or texting 988.

24/7 crisis helplines

Some helplines specifically focus on supporting survivors of violence, and others focus on addressing a broad range of mental health concerns. A directory of sexual assault centre crisis lines across Ontario can be found at sexualassaultsupport.ca/get-help/

Assaulted Women's Helpline

416.863.0511 or 1.866.863.0511

TTY 1.866.863.7868

www.awhl.org/

Male Survivors of Sexual Abuse Provincial Crisis and Support Line

1.866.887.0015

www.counsellingccs.com/male-survivors-program/

Toronto Rape Crisis Centre

416.597.8808

www.trccmwar.ca/

Women's Support Network of York Region

905.895.7313

www.womenssupportnetwork.ca/

Kawartha Sexual Assault Centre

705.741.0260

www.kawarthasexualassaultcentre.com/

Distress Centres of Greater Toronto

416.408.4357

www.dcogt.com/

Distress Centre Toronto

416.408.4357 (HELP)

TTY 416.408.0007

Distress Centre Peel

905.459.7777

Hope for Wellness (for Indigenous Peoples)

1.855.242.3310

Online chat is also available

www.hopeforwellness.ca/

Talk4Healing (for Indigenous women)

1-855-554-HEAL

Text and online chat is also available

www.beendigen.com/programs/talk4healing/

Gerstein Crisis Centre

416.929.5200

www.gersteincentre.org/

Good2Talk (Post Secondary Student Helpline)

1.866.925.5454 or text: 686868

www.good2talk.ca/ontario/

Online messaging is also available

Emergency housing

GTA municipalities have a central intake access line for emergency housing. They can also

triage for access to specific shelters for people fleeing violence and abuse. Women experiencing abuse can also connect with their local shelter using sheltersafe.ca/get-help/

City of Toronto Emergency Housing Central Intake

416.388.4766

Peel Region Emergency Housing Central Intake

905.450.1996

York Region Emergency Housing Central Intake

1.877.464.9675 ext. 76140

Yellow Brick House

905.727.1944 or 1.800.263.3247 (text or call)

www.yellowbrickhouse.org/

Embrave

905.403.0864 or 1.855.676.8515

www.embrave.ca/

Family Life Resource Centre (Salvation Army)

905.451.4115

<https://www.tsavawsservices.ca/about-us/>

North York Women's Shelter

1.866.863.0511

www.nyws.ca

Nellie's

416.461.1084

www.nellies.org

The Redwood

416.533.8538

www.theredwood.com

Ernestine's Women's Shelter

416.746.3701

www.ernestines.ca/

Interval House

1.888.293.5516

www.intervalhouse.ca

YWCA Arise Shelter

416.929.3316

<https://www.ywcatoronto.org/ourprograms/shelterandhousing>

Community resources

In Ontario, there is a province-wide directory for sexual assault centres which are organizations offering a range of supportive programming for survivors of violence. Additionally, there is a province-wide directory for hospital-based sexual assault/domestic violence treatment centres which provide immediate medical assistance, referrals to police and follow-up care for survivors.

Ontario Coalition of Rape Crisis Centres

<https://sexualassaultsupport.ca/>

Ontario Network of Sexual Assault/Domestic Violence Treatment Centres

<https://www.sadvtreatmentcentres.ca/>

Legal support

Survivors of sexual assault in Ontario may be eligible to receive up to four hours of free, confidential legal advice from a lawyer.

Independent Legal Advice for Survivors of Sexual Assault

<https://www.ontario.ca/page/independent-legal-advice-survivors-sexual-assault>

Barbara Schlifer Commemorative Clinic

<https://www.schliferclinic.com/>

Community counselling

There are several community agencies across the GTA which offer counselling for survivors of violence and abuse. Counselling may be one-on-one and/or in a group setting. The majority are free and some offer sliding scale or low-cost fees.

Family Services Toronto

416.595.9618

www.familyserVICEToronto.org

Catholic Family Services Toronto

416.921.1163

www.cfstoronto.com/

Rexdale Women's Centre

416.745.0062

www.rexdalewomen.org/

COSTI Family and Mental Health Services Centre

416.658.1600

www.costi.org/

YWCA Healing Through Arts Program

Email: Breakthrough@ywcatoronto.org

Yellow Brick House Community Counselling and Support Services

1.877.222.8438

Barbara Schlifer Commemorative Clinic

416.323.9149

www.schliferclinic.com/

Toronto Rape Crisis Centre

416.597.1171

www.trccmwar.ca/

Women's Support Network of York Region

905.895.3646

www.womenssupportnetwork.ca/

Child protection

Everyone in Ontario is required by law to report suspected child abuse/neglect. If you believe a child is being harmed or at risk of being harmed, contact a children's aid society for assistance.

Children's Aid Society of Toronto

416.924.4646

1.866.527.0833

www.torontocas.ca

Peel Children's Aid Society

905.363.6131

www.peelcas.org

York Region Children's Aid Society

905.895.2318

1.800.718.3850

www.yorkcas.org

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