

# Off-campus support

Version 9

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## 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/](https://sexualassaultsupport.ca/get-help/)

#### Assaulted Women's Helpline

416.863.0511 or 1.866.863.0511

TTY 1.866.863.7868

[www.awhl.org/](https://www.awhl.org/)

#### Male Survivors of Sexual Abuse Provincial Crisis and Support Line

1.866.887.0015

[www.counsellingccs.com/male-survivors-program/](http://www.counsellingccs.com/male-survivors-program/)

**Toronto Rape Crisis Centre**

416.597.8808

[www.trccmwar.ca/](http://www.trccmwar.ca/)

**Women's Support Network of York Region**

905.895.7313

[www.womenssupportnetwork.ca/](http://www.womenssupportnetwork.ca/)

**Kawartha Sexual Assault Centre**

705.741.0260

[www.kawarthasexualassaultcentre.com/](http://www.kawarthasexualassaultcentre.com/)

**Distress Centres of Greater Toronto**

416.408.4357

[www.dcoqt.com/](http://www.dcoqt.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/](http://www.hopeforwellness.ca/)

**Talk4Healing (for Indigenous women)**

1-855-554-HEAL

Text and online chat is also available

[www.beendigen.com/programs/talk4healing/](http://www.beendigen.com/programs/talk4healing/)

**Gerstein Crisis Centre**

416.929.5200

[www.gersteincentre.org/](http://www.gersteincentre.org/)

**Good2Talk (Post Secondary Student Helpline)**

1.866.925.5454 or text: 686868

[www.good2talk.ca/ontario/](http://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/](https://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/](https://www.yellowbrickhouse.org/)

### **Embrave**

905.403.0864 or 1.855.676.8515

[www.embrave.ca/](https://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](http://www.nyws.ca)

**Nellie's**

416.461.1084

[www.nellies.org](http://www.nellies.org)

**The Redwood**

416.533.8538

[www.theredwood.com](http://www.theredwood.com)

**Ernestine's Women's Shelter**

416.746.3701

[www.ernestines.ca/](http://www.ernestines.ca/)

**Interval House**

1.888.293.5516

[www.intervalhouse.ca](http://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](http://www.familyserVICEToronto.org)

### **Catholic Family Services Toronto**

416.921.1163

[www.cfstoronto.com/](http://www.cfstoronto.com/)

### **Rexdale Women's Centre**

416.745.0062

[www.rexdalewomen.org/](http://www.rexdalewomen.org/)

### **COSTI Family and Mental Health Services Centre**

416.658.1600

[www.costi.org/](http://www.costi.org/)

### **YWCA Healing Through Arts Program**

Email: [Breakthrough@ywcatoronto.org](mailto: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/](http://www.schliferclinic.com/)

## **Toronto Rape Crisis Centre**

416.597.1171

[www.trccmwar.ca/](http://www.trccmwar.ca/)

## **Women's Support Network of York Region**

905.895.3646

[www.womenssupportnetwork.ca/](http://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](http://www.torontocas.ca)

### **Peel Children's Aid Society**

905.363.6131

[www.peelcas.org](http://www.peelcas.org)

### **York Region Children's Aid Society**

905.895.2318

1.800.718.3850

[www.yorkcas.org](http://www.yorkcas.org)

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