

## Resources for young people in Newfoundland and Labrador

### End Sexual Violence NL

- Non-judgemental, empathetic support, and information regarding issues related to sexual violence. They offer accompaniment to the Sexual Assault Nurse Examiner (SANE) program at St. Clare's Hospital and to the Royal Newfoundland Constabulary (RNC) headquarters in St. John's through the call line.
- 🔗 [endsexualviolence.com](https://endsexualviolence.com)
- 📞 1-800-726-2743

### The Journey Project

- The Journey Project supports survivors by offering legal information and system navigation of sexual violence.
- 🔗 [journeyproject.ca/about](https://journeyproject.ca/about)
- 📞 709-722-2805
- ✉️ [support@journeyprojectnl.com](mailto:support@journeyprojectnl.com)

### Recent Sexual Assault: a Handbook for Survivors (by The Journey Project)

- This resource provides information and answers some common questions about reporting sexual violence to the police.
- 🔗 [nlma.nl.ca/site/uploads/2022/05/Recent-Sexual-Assault-Small-Booklet.pdf](https://nlma.nl.ca/site/uploads/2022/05/Recent-Sexual-Assault-Small-Booklet.pdf)

## Resources for young people in Newfoundland and Labrador

### **LGBTQIA+ Warm Line (Planned Parenthood)**

- ➔ Peer support service run by and for 2SLGBTQIA+ people in Newfoundland and Labrador. If you need someone to talk to, call us and we will do our best to support you and provide you resources. Chat online, text, or call.
- 🔗 [plannedparenthoodnlshc.com/warmline.html](https://plannedparenthoodnlshc.com/warmline.html)
- 📞 1-866-230-8041

### **📍 St. John's and Corner Brook**

### **Sexual Assault Nurse Examiner Program (SANE)**

- ➔ It provides options and choices about medical care and/or police reporting, provide medications to prevent infection and pregnancy, and connect patients with counseling services so they have appropriate support in moving forward if they choose to.
- 🔗 [emergency.easternhealth.ca/programs/sane/](https://emergency.easternhealth.ca/programs/sane/)
- 📞 709-777-5865

### **📍 Corner Brook**

### **SARA: Sexual Assault Response & Advocacy**

- ➔ Crisis and information line offering non-judgmental, empathetic support and information regarding issues related to sexual assault. Also offers accompaniments to the Sexual Assault Nurse Examiner (SANE) program.
- 🔗 [cornerbrookswc.com/projects-6](https://cornerbrookswc.com/projects-6)
- 📞 709-216-4357