






Resources for young people in Ontario



Anishinabe Women's Crisis Home and Family Healing Centre

- Offers 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario through talk, text, or chat.
-  [beendigen.com](https://www.beendigen.com)
-  Crisis Line: 1-888-200-9997. Other Contact Options: Call or Text 1-855-554-HEAL for live support, or Live Chat is available on their website.

Assaulted Women's Helpline

- Free, anonymous and confidential 24-hr telephone and TTY crisis line, and online chat for women in Ontario. Provides crisis counselling, safety planning, emotional support, information. Works with community partners to bridge gaps in services.
-  Serves women, survivors of abuse/domestic violence.
-  [awhl.org/home](https://www.awhl.org/home)
-  Crisis Line : GTA 416-863-0511 // Toll free 1-866-863-0511 // Toll free TTY 1(866)863-7868 // #SAFE(#7233) on Bell, Rogers, Fido, or Telus mobile phones

Boost Child & Youth Advocacy Centre

- Works to prevent child abuse and violence through awareness and education. They collaborate with police, child protection, medical, and mental health agencies to provide an individualized and child-friendly response for every child who has experienced abuse.
-  Serves all youth.
-  [boostforkids.org](https://www.boostforkids.org)

Resources for young people in Ontario

Fem'aide

- Available on online chat, telephone, and SMS, a confidential 24/7 support line for women affected by violence and individuals supporting them.
- 👥 Serves Francophone women affected by violence.
- 🔗 femaide.ca
- ☎️ 1-877-336-2433 or text 1-877-336-2433.

Gillian's Place

- A shelter but also provides confidential, over-the-phone and in-person support services such as outreach counselling, legal advice and transitional housing for women, children and 2SLGBTQIA+ individuals.
- 👥 Serves women, two-spirit, genderqueer, trans and non-binary people facing violence.
- 🔗 gilliansplace.com
- ☎️ 905-684-8331 (call or text)

Good2Talk Ontario

- A free, confidential support service for post-secondary students in Ontario. It supports students through a wide range of issues that may be impacting their mental health and well-being, including depression, anxiety, substance use, academic stress, personal or family relationships, loneliness, identity, financial concerns and other challenges.
- 🔗 good2talk.ca/ontario
- ☎️ 1-866-925-5454 (call) 686868 (text) or message online.

Resources for young people in Ontario

Government of Ontario

- Lists regional resources available for children and youth under 18 years old.
- ontario.ca/page/mental-health-services-children-and-youth

Support services for male survivors of sexual abuse hotline

- Support services for male-identifying survivors of sexual abuse. It includes a 24/7 crisis and referral hotline, counselling, peer support, telephone counselling and referrals.
- ☎ 1-866-887-0015 (toll free)

Help Ahead

- The centralized phone line to access child, youth and family mental health and well-being resources in Toronto. Resources are available for youth, parents/caregivers, as well as referrals to community resources.
- helpahead.ca
- ☎ 1-866-585-6486

LGBT Youth Line

- Provides peer support by and for LGBTQ+ people 29 and under across Ontario.
- youthline.ca
- ☎ 647-694-4275 (text) or live chat.

Resources for young people in Ontario

Ontario Coalition of Rape Crisis Centres

- A network of sexual assault centres across Ontario. Includes sexual assault centres from across Ontario, offering counselling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

 sexualassaultsupport.ca


Ontario Network of Sexual Assault/Domestic Violence Treatment Centres

- Guide to find local centres in Ontario.

 sadvtreatmentcentres.ca

Legal Advice

- Independent legal advice for survivors of sexual assault. If you are a victim of sexual assault living in Ontario and would like to speak to a lawyer, you may be eligible for up to four hours of free legal advice by phone or video conversation. This service does not include legal representation in court.




-  This program is available to all eligible women, men, trans and gender-diverse people who are 16+, live in Ontario, and if the SA happened in Ontario.

 youthline.ca



Resources for young people in Ontario

Ottawa




CALACS Francophone d'Ottawa

- Provides french language support for survivors of sexual and gender-based violence.
-  Serves Francophone women.
-  calacs.ca/aide
-  613-789-8096

Youth Services

- The crisis helpline responds to youth and support persons who are residents of Ottawa and Eastern Ontario, 24/7.
-  ysb.ca/services/ysb-mental-health/24-7-crisis-line
-  613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario), and online chat



SASCO (The Sexual Assault Support Center of Ottawa)

- Services include support line, individual support, advocacy, support groups, awareness and education.
-  Serves all women survivors.
-  sascottawa.com
-  613-234-2266 for support line, or TTY: 613-725-1657

Resources for young people in Ontario




Muskoka Parry Sound

Muskoka Parry Sound Sexual Assault Services




- Programs and services include online crisis chat, counselling, male-identifying survivor groups, 24/7 sexual assault help line, advocacy & accompaniment, drop in programs, legal support services.
-  mpssas.org/services
-  1-800-461-2929

London

Anova

- Provides services and support for adults and children affected by abuse and sexual violence.
-  anovafuture.org/contact
-  519-642-3000 (24-Hour Crisis & Support Line) or 1-800-265-1576 (toll free)
-  Sexual Assault Counselling & Business Offices - 255 Horton Street, London, ON.



Regional Sexual Assault and Domestic Violence Treatment Centre

- Several support options available at no cost to patient. Specialized team of nurses, doctors, and social workers.
-  Serve any age, gender or sexual identity experiencing sexual assault and/or domestic violence living in Oxford, Elgin, Huron-Perth and Middlesex counties.
-  sjhc.london.on.ca/areas-of-care/sexual-assault-and-domestic-violence-treatment-program
-  519-646-6100, ext. 64224


Resources for young people in Ontario

Toronto




Turning Point Youth Services

- The Community Counselling program provides mental health counselling, service coordination and support to youth ages 12 to 17 and their families who are struggling with issues that affect their mental health and well-being
-  turningpoint.ca
-  416-925-9250

Stella's Place

- Provides free mental health services for young adults aged 16 to 29 in Toronto. Empowers participants to learn new skills and manage their own mental health, accessing support on their own terms. Some drop-in services available.
-  stellasplace.ca/programs




Sexual Assault/Domestic Violence Care Centre (Women's College Hospital)

- Before we upload them on the website, we'd love to hear any final suggestions for improvements from you. Available 24/7, no appointment necessary.
-  Serves survivors of sexual assault, 16+, all genders and identities.
-  womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre
-  416-323-6040



Resources for young people in Ontario

Toronto

Barbra Schlifer Commemorative Clinic

- The clinic offers legal, counselling and interpretation services to marginalized and racialized populations of women and gender diverse people who have survived violence.
-  schliferclinic.com
-  416-323-9149
-  intake@schliferclinic.com

Toronto Rape Crisis Centre

- Provides anti-oppressive, feminist peer support to survivors of sexual violence, of all genders and identities, through counselling, group support, education, advocacy, and activism. Available 24/7.
-  trccmwar.ca
-  416-597-8808