



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.

 888-200-9997


 855-554-HEAL

 <https://www.beendigen.com/> (live chat available)


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.


 <https://boostforkids.org/>

Government of Ontario: Lists regional resources available for children and youth under 18 years old

 <https://www.ontario.ca/page/mental-health-services-children-and-youth>

Help Ahead: The centralized phone line to access child, youth and family mental health and well-being resources in Toronto.

 1-866-585-6486

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



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LGBT Youth Line: Provides peer support by and for 2SLGBTQ+ people 29 and under across Ontario.



Text 647-694-4275



<https://www.youthline.ca/> (live chat available)

Ontario Coalition of Rape Crisis Centres: Has a guide to find local centres in Ontario



<https://sexualassaultsupport.ca/>

Ontario Network of Sexual Assault/Domestic Violence Treatment Centres: Guide to find local centres in Ontario



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

Radius Child and Youth Services: A specialized community-based organization that provides clinical assessment and counselling services to children, youth and families affected by interpersonal abuse: physical, sexual, or emotional abuse, neglect, or who have witnessed domestic violence.



<https://radiuscys.ca/>

Youth Services: The crisis helpline responds to youth and support persons who are residents of Ottawa and Eastern Ontario, 24/7.



613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario)




<https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/> (live chat available)





Resources for young people in Ontario

London


Anova: provides services and support for adults and children affected by abuse and sexual violence.


 519-642-3000 (24-Hour Crisis & Support Line)


 1-800-265-1576 (toll free)

 <https://www.anovafuture.org/contact/>

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.


 519-646-6100, ext. 64224

 Location: St. Joseph's Hospital

 <https://www.sjhc.london.on.ca/areas-of-care/sexual-assault-and-domestic-violence-treatment-program>

Toronto

Sexual Assault/Domestic Violence Care Centre (Women's College Hospital): Available 24/7, no appointment necessary. It offers comprehensive service that assists women, men, and trans people, over the age of 14, who are victims/survivors of sexual assault and domestic/intimate partner violence.


 <https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre-sa-dccc/>






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Toronto Rape Crisis Centre: Web chat and text chat support is also available through the website Wednesdays to Friday, 7pm – 12am EDT.

 416-597-8808 (24-Hour Line)

 <https://trccmwar.ca/>



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