

If you choose to speak with someone confidentially please contact any of the following services.

- Health and Counselling centre – for medical help and counselling.
- Rape Crisis – next steps and counselling.
- Sexual Violence Prevention & Support Centre on-campus – counselling, medical services, academic or workplace accommodations, financial aid and legal aid.

On-Campus Resources:

Sexual Violence Prevention and Support Centre

Focuses on assisting and supporting students, staff and faculty at the University of Toronto who have been affected by sexual violence or sexual harassment. They assist students in understanding, accessing and navigating supports such as counselling, medical services, academic or workplace accommodations, financial aid and legal aid.

Phone: 416 978 2266

E-mail: thesvpcentre@utoronto.ca

Website: www.safety.utoronto.ca

UTM Location: RM 3094G, Davis Building

St. George Location: Inside Gerstein Science Information Centre, 9 King's College Circle

UTSC Location: RM 141, Environmental Science & Chemistry Building

Off-Campus Resources:

Assaulted Women's Help Line

An organization offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. They provide counselling, emotional support, information and referrals.

Phone: Toll-free 1-866-863-0511 or Toll-free TTY 1-866863-7868

Text: #SAFE (7233)

Website: awhl.org

Hope 24/7

A charity organization that offers psychotherapy services for people who have been impacted by relationship & sexual violence. Their focus is to assist individuals who have experienced traumatic interpersonal violence through evidence-based treatment and prevention programming.

Phone: 905-792-0821

Fax: 905-792-1567

Website: hope247.ca/

Kid's Help Phone

An organization is Canada's only 24/7, national support service. They offer professional counselling, information and referrals, and volunteer-led, text-based support to young people in both English and French.

Phone: 1-800-668-6868

Website: Kidshelpphone.ca

Metropolitan Action Committee on Violence Against Women

An organization that provides information via facts sheets on violence against women including sexual assaults, stalking and criminal harassment.

Phone: 416-392-3135

Email: info@metrac.org

Website: metrac.org

Ontario Network of Sexual Assault/Domestic Violence Care and Treatment

Focuses on providing support and care to people who experienced a recent sexual assault and/or act of violence by an intimate partner. They provide healthcare options, crisis support and counselling.

Phone: 416-323-6400

Email: info@sadvttreatmentcentres.ca

Website: sadvttreatmentcentres.ca

Toronto Rape Crisis Centre/Multicultural Women Against Rape (TTCR/MWAR)

A grassroots, women-run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of sexual violence through support, education and activism.

Phone: 416-597-8808

Email: info@trccmwar.ca

Website: trccmwar.ca

Victim Support Line

Ontario, Ministry of the Attorney General provides information about programs and services for victims of crime and their families.

Phone: 416-314-2447 (Toronto) or 1-888-579-2888

Website: attorneygeneral.jus.gov.on.ca/english/ovss/programs.php

Woman Abuse Council of Toronto

A policy development and planning body that coordinates an efficient and effective approach to providing services for assaulted women and their families.

Phone: 416-944-9242

Helpline: 416-863-0511

Website: womanact.ca

24/7 Crisis Support Peel-Dufferin

A program is a voluntary community crisis service that is comprised of a team of crisis support workers who are registered social workers, nurses and occupational therapists. A crisis support worker will speak to you over the telephone to assess the nature of the crisis and to put a plan in place to ensure safety and support.

Phone: 905-278-9036 or 1-888-811-2222 (Caledon & Dufferin)

Website: cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/