



# REGIONAL GUIDE

## Durham

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Chapter 5: Resources  
in Durham



VESTA

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

# This Guide is For You

**Welcome. We believe you. We believe them.**

This guide is for you and anyone who needs it. You have a friend and you're worried about them. They might be in a bad situation. You're pretty sure things aren't good and they're getting worse.

What do you need? Information. Resources. Things to do right now.

**This guide is a list of resources that you can share and take action on, if you or they choose to.** It has been written and sourced specifically for the Durham region. We created this guide for survivors of sexual violence and for those who want to help them. Maybe your friend needs support. Maybe you are a survivor and you never want to see another go through what you've experienced.

Sexual violence is a prevalent, intersectional and multi-factor issue affecting all communities. Its complexity makes it impossible to tackle alone. It takes every person who has endured gender-based violence standing up and refusing to let it happen to another.

**Thank you for taking the initiative.**



# Resources in Durham

## Sexual Assault Centres and Shelters

- Bethesda House (Bowmanville)  
24 Hour Support Line: 905-623-6050 or 1-800-338-3397  
<http://bethesdahouse.ca>
- The Denise House (Oshawa)  
24 Hour Support Line: 905-728-7311 or 1-800-263-3725  
<http://thedenisehouse.com>
- Durham Rape Crisis Centre  
905-668-9200,  
<http://drcc.ca/>
- Durham Region Domestic Violence/Sexual Assault Care Centre  
905-576-8711 ext. 3286  
<http://www.sacc.to/gylb/satc/CentreID=8.htm>
- Herizon House (Ajax)  
24 Hour Support Line: 1-866-437-4066  
Administration Phone: 905-426-1064  
[www.herizonhouse.com](http://www.herizonhouse.com)
- Y's WISH (Oshawa)  
Crisis Line: 905-576-2997 or 1-888-576-2997  
Transitional Support: 905-576-0182  
<https://www.ywcadurham.org/emergencysHELTER>
- Victim Services of Durham Region  
(905) 721-4226 or 1-888-579-1520 ext. 3400  
<https://www.victimservicesdurham.ca>

## Durham Region Police Services

(905) 579-1520 ext. 3400 or 1-888-579-1520  
Whitby: (905) 579-1520, ext. 1836  
Bowmanville: (905) 579-1520, Ext. 1687  
Port Perry: (905) 579-1520, Ext. 2672  
Pickering: (888) 579-1520, Ext. 2521

## Addiction and Mental Health Services

- Durham Mental Health Services – Crisis Services  
905-666-0483 or 1-800-742-1890  
<http://dmhs.ca/cause/crisis-response>
- Drug and Alcohol Helpline  
1-800-565-8603

# Resources in Durham

## Legal Support and Help Lines

- Family Law Information Centre  
905-579-1988 or 1-877-294-6524  
(Walk-in services located at 150 Bond St. E,  
Oshawa, ON, on the first floor)
- Durham Community Legal Clinic  
905-728-7321 or 1-888-297-2202  
[www.durhamcommunitylegalclinic.ca](http://www.durhamcommunitylegalclinic.ca)
- Luke's Place Support and Resource Centre  
905-728-0978 or 1-866-516-3116  
<https://lukesplace.ca/>
- Legal Aid Ontario Oshawa Office  
905-576-2334 or 1-866-595-0563  
[www.legalaid.on.ca](http://www.legalaid.on.ca)
- The Law Society Referral Service  
416-947-5255 or 1-855-947-5255  
Legal Line: 416-929-8400  
[www.legalline.ca](http://www.legalline.ca)
- Women's Sexual Assault Help Line  
1-800-461-2929 (Daily 24 hours)
- Assaulted Women's Helpline  
1-866-863-0511 or 1-866-863-7868
- Fem'aide (24/7 crisis line for French-speaking  
women across the province of Ontario)  
1-877-336-2433
- Crisis Intervention Team Lakeridge Health Oshawa  
905-576-8711 ext. 4384
- Distress Centre Durham: Helpline  
905-430-2522 or 1-800-452-0688
- Lesbian, Gay, Bi, Trans Youth Line  
1-800-268-9688
- ConnexOntario  
1-866-531-2600  
<https://www.connexontario.ca/en-ca/>
- Talk4Healing (Help Line for Aboriginal Women)  
1-855-554-HEAL (4325)  
<https://www.talk4healing.com/>

**Together we can  
end gender-based  
violence. Be ready  
with resources.**



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