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A Sexual Violence Survivor's Handbook

Chapter 11: Where Can I Go For Help?



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Where Can I Go For Help?

For Ontario residents, [click here to look up resources in your area.](#)



Ontario Resources & Support

- Call 2-1-1
- Toll Free: 1-877-330-3213
- [Chat Online](#)

Find Shelters Across Canada

- [ShelterSafe.ca/Get-Help](https://sheltersafe.ca/get-help)

Toronto Shelter Intake Line

- 416-338-4766

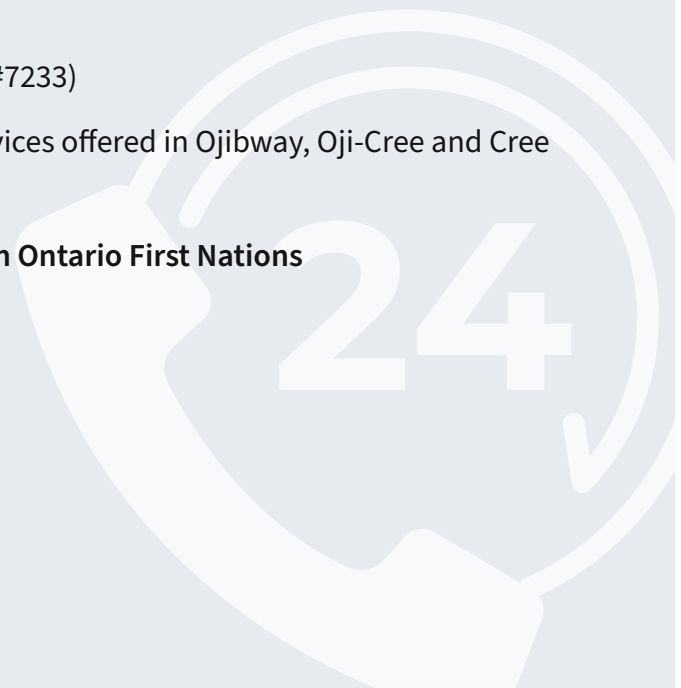
Canadian 24/7 Crisis Lines

Ontario

- **Assaulted Women's Helpline** - With assistance in up to 154 other languages
 - 1-866-863-0511
 - TTY: 1-866-863-7868
 - Rogers, Fido, Bell & Telus: #SAFE (#7233)
- **Helpline for Aboriginal Women** - Services offered in Ojibway, Oji-Cree and Cree
 - 1-855-554-4325
- **Anishnaabe Kwewag Gamig Northern Ontario First Nations**
 - 1-800-388-5171
- **Victim Support Line**
 - 1-888-579-2888

Alberta

- **Family Violence Multilingual Line**
 - 780-310-1818



British Columbia

- **VictimLink BC**
 - 1-800-563-0808
 - TTY: 604-875-0885
 - Text: 1-800-563-0808

Manitoba

- **Family Violence Helpline**
 - 1-877-977-0007
 - TTY: 1-888-987-2829

Newfoundland & Labrador

- **Domestic Violence Help Line**
 - 1-888-709-7090

Northwest Territories

- **YWCA - Not TTY Compatible**
 - 1-866-223-7775
- **Yellowknife:**
 - 1-867-873-8257

Nova Scotia

- **Transition House Association**
 - 1-855-225-0220

Nunavut

- **Baffin Regional Agvvik Society: Qimaavik Transition House**
 - 867-979-4500

Prince Edward Islands

- **Family Violence Prevention Services**
 - 1-800-240-9894
 - [Chat online](#)
 - [Helping Tree Resource](#)

Quebec

- **SOS Violence Conjugal**
 - 1-800-363-9010

Saskatchewan

- **Crisis & Abuse Line**
 - 1-800-214-7083
- **Abused Women's Crisis Line**
 - 1-888-338-0880
- **North East Crisis Line**
 - 1-800-611-6349

Yukon

- **VictimLink BC**
 - 1-800-563-0808
 - TTY: 604-875-0885
 - Text: 604-836-6381

Legal Help

Legal Aid Ontario

- Toll Free: 1-800-668-8258
- GTA: 416-979-1446
- Bell Relay: 1-800-855-0511

Independent Legal Advice from the Ministry of the Attorney General

- 1-855-226-3904

Barbara Schlifer Clinic Intake Line

- 416-323-9149 ext. 234

Luke's Place

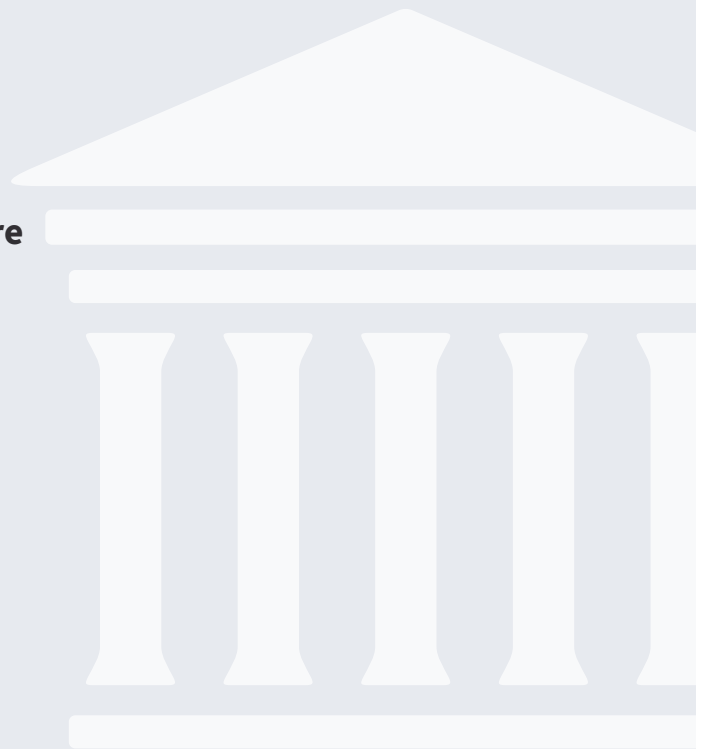
- [Virtual Legal Clinic](#)
- 1-866-516-3116
- Intake@LukesPlace.ca

Jared's Place Legal Advocacy Centre

- 905-522-0127 ext. 207
- Crisis: 905-387-8881
- Lac@IntervalHouseHamilton.org

Law Society of Ontario

- [Law Society Referral Service](#)
- 416-947-3300
- Toll Free: 1-800-668-7380



Help in Canada

If you are in immediate danger, in fear for your safety or in the event of an emergency, call 911 from anywhere in Canada.



Ontario Police Services: 24/7 Non-Emergency Line

- 1-888-310-1122

Toronto Police

- 416-808-2222

Kingston Police

- 613-549-4660

Vancouver Police

- 604-717-3321

Ottawa Police

- 613-236-1222
- TTY: 613-232-1123

Edmonton Police

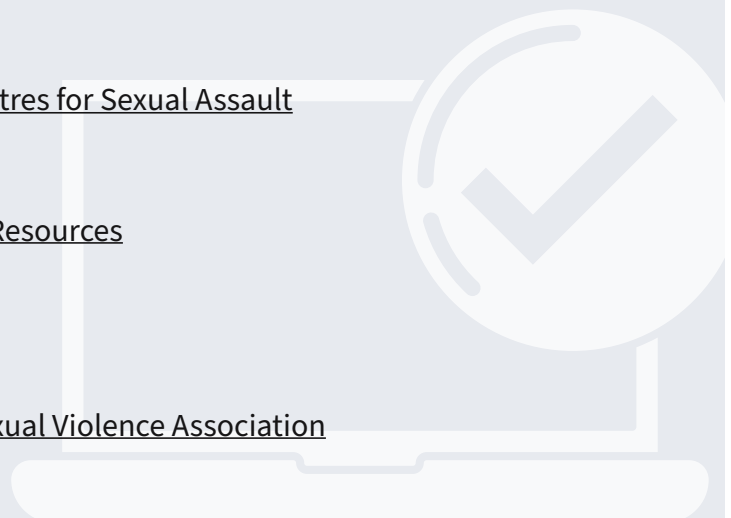
- 780-423-4567

St. John's RCMP

- 1-800-709-RCMP
- 709-729-8000
- TTY: 1-800-363-4334

Websites

- [Domestic Violence Treatment Centres for Sexual Assault](#)
- [Victim Services Resources](#)
- [Supports for Indigenous Women Resources](#)
- [Independent Legal Advice](#)
- [Durham Rape Crisis Centre](#)
- [RAINN - America's Largest Anti-sexual Violence Association](#)



Help in the United Kingdom

If you are in immediate danger, in fear for your safety or in the event of an emergency, call 999 from anywhere in the United Kingdom.



RASASC - Rape & Sexual Abuse Support Centre

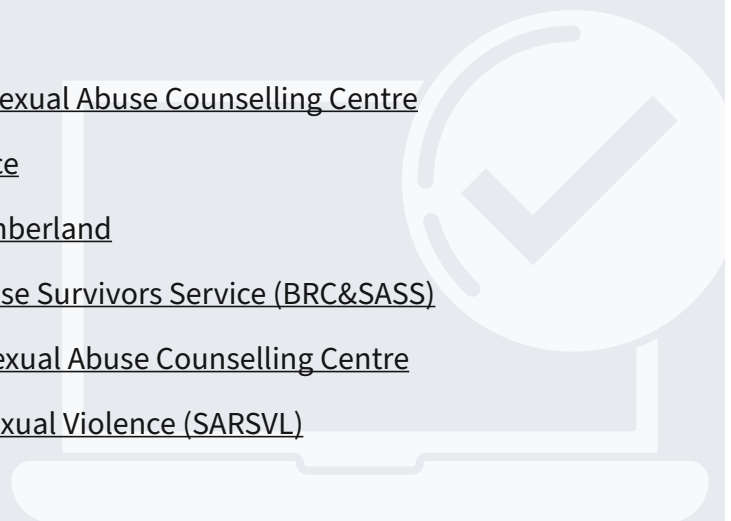
- National Helpline: 0808-802-9999
- *Open between 12:00-14:30 and 19:00-21:30 daily*

NIA - Gender Based Violence Support

- Sexual Violence Helpline: 0800-160-1036
- 24 hr National Domestic Violence Helpline: 0808-2000-247

Websites

- [North London Rape Crisis](#)
- [West London Rape Crisis Centre](#)
- [ARCH North East](#)
- [Darlington & Co Durham Rape & Sexual Abuse Counselling Centre](#)
- [Northumberland Rape Crisis, Grace](#)
- [Rape Crisis Tyneside and Northumberland](#)
- [Bradford Rape Crisis & Sexual Abuse Survivors Service \(BRC&SASS\)](#)
- [Kirklees & Calderdale Rape and Sexual Abuse Counselling Centre](#)
- [Leeds - Support After Rape and Sexual Violence \(SARSVL\)](#)



Help in the United States

If you are in immediate danger, in fear for your safety or in the event of an emergency, call 911 from anywhere in the United States.



RAINN - Rape, Abuse & Incest National Network

- [Online Chat Hotline](#)
- [Spanish Online Chat Hotline](#)
- 24/7 Hotline 800-656-HOPE (4673)

Polaris Project - Human Trafficking Support

- 24/7 Hotline 1-888-373-7888

Websites

- [National Sexual Violence Resource Centre](#)
- [National Organization for Victim Assistance](#)
- [National Street Harassment Hotline](#)
- [The National Center on Violence Against Women in the Black Community](#)

