



REGIONAL GUIDE

Guelph

Chapter 5: Resources in
Guelph



VESTA

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 Guelph 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 Guelph

Help Lines & Crisis Chats

- Crisis Services Canada
1-833-456-4566
Or text: 45645 (available 4 pm – 12 am)
- Guelph-Wellington Care & Treatment Centre for Sexual Assault & Domestic Violence (Guelph General Hospital)
Daytime: 519-837-6440 ext. 2728
After Hours: 519-837-6440 ext. 2210
- Guelph Wellington Women in Crisis
(People of all genders are welcome to call for support)
519-836-5710 or 1-800-265-SAFE (7233)
- Here 24/7 Regional Crisis Line
1-844-437-3247 or 1-877-688-5501
- Good2Talk
(Support for Ontario post-secondary students)
1-866-925-5454
- TorchLight Distress Line
519-821-3760 or 1-888-821-3760
- TeleConnect: 1-888-821-3760 or
519-821-3760 ext. 2 (8 am - 10 pm, 7 days
a week)
- LGBTQ+ Support Line: 519-669-3760 call or
text (8 am - 10 pm, 7 days a week)

Police Services

- Guelph Police
15 Wyndham St. South Guelph, ON N1H 4C6
Non-emergency: 1-866-513-8062 or
519-824-1212
<https://www.guelphpolice.ca/>

Resources in Guelph

Mental Health & Addiction Services

- BounceBack Ontario
1-866-345-0224
bb-referral@cmha-yr.on.ca
<https://bouncebackontario.ca/>
- Canadian Mental Health Association Waterloo
Wellington (CMHA Waterloo Wellington)
24/7 Line: 1-844-HERE-247 or 1-877-688-5501
<https://cmhaww.ca/>
- Emergency Mental Health & Addiction
Services (EMHAS)
*(24-Hour Crisis Support to Guelph and
Wellington County)*
24/7 Crisis Line: 1-844-437-3247
Emergency Mental Health Unit: 519-837-6438
<https://homewoodhealth.com/health-centre/emergency-mental-health-service>

Online Legal Aid

There are services available that can help by providing **free, independent legal advice**. These services are available remotely or in-person based on region.

Visit the [Legal Aid section of our Resource Library](#) for individually sourced legal services and specialized programs for survivors of domestic abuse, sexual assault, and other forms of violence.

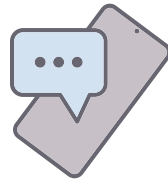
Are You Ready to Do Something About GBV?

Here's how you can help make online reporting a reality.



Share this Guide with Friends

Give your friends the information and support that they may need.



Share this Guide on Social Media

Share a link to this guide on Facebook, Twitter, or any other social media.



Ask for Online Reporting

Spread the word in your community about the possibility of online reporting.

For more information on gender-based violence and how you can join the fight, visit VestaSIT.com

VESTA Social Innovation Technologies is creating solutions for those who have experienced gender-based violence. We're on a mission to eradicate rape culture by improving the physical, emotional, and psychological well-being of individuals who have experienced violence. We create research-backed applications for disclosure, reporting, and support.

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



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