

Resource List

Please contact any of the organizations listed on this sheet should you wish to follow up with anything discussed in the interviews. You are not bothering anyone by calling or reaching out. Staff at these organizations are here to help you.

1. Assaulted Women's Helpline

This is a toll-free crisis telephone service operating province-wide 24 hours a day, 7 days a week. Trained counsellors can help victims determine their options, provide information about local supports such as shelters and sexual assault centres and help them develop an immediate safety plan. Interpreters in 150 languages are available to respond to callers.

- Telephone: 1-866-863-0511
- TTY: 1-866-863-7868
- #SAFE (#7233) – on your Bell, Rogers, Fido, Telus phone
- Website: www.awhl.org

2. Women's Shelters Canada (ShelterSafe.ca)

ShelterSafe.ca is an online resource to help women and their children seeking safety from violence and abuse. The clickable map will serve as a fast resource to connect women with the nearest shelter that can offer safety, hope and support. Sheltersafe.ca allows women to quickly identify a shelter in a specific geographic area along with its 24 hour emergency phone number.

- Website: www.sheltersafe.ca

3. Distress Centres

Distress Centres has provided 24-hour support, 7 days a week, 365 days a year to individuals in our community at risk and their most vulnerable. Crisis and emotional distress services are available via hotline, online chat, and text.

- Website: <https://www.torontodistresscentre.com/>
- Toronto Telephone (24 hours, 7 days a week): 416-408-4357
- Halton Hills Telephone (24 hours, 7 days a week): 905-877-1211
- Burlington Telephone (24 hours, 7 days a week): 905-681-1488
- Oakville Telephone (24 hours, 7 days a week): 905-849-4541

Web-based Innovations Targeting Health (WITH)

4. Good Shepherd Hamilton: Women's Services

Good Shepherd Women's Services strives to provide a place of safety and support for women and children. Housing, counseling, and support services are available.

- 24 hour Crisis Line: 905-523-6277
- Mental Health Crisis Support Line: 905-529-7878
- Website: <https://www.goodshepherdcentres.ca/womens-services>

5. Family Services David Kelley Program for LGBTQ+ Community

The David Kelley Services (DKS) Program trauma-informed, anti-oppression practices to help empower LGBTQ+ individuals, couples and families, as well as people living with, affected by or concerned about HIV/AIDS, and to enhance participation in their communities and in the broader society.

- Telephone: 416-595-9618
- Website: <https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/>