

COUNSELING SERVICES & VICTIMS RESOURCES

The following represents a list of Provincial Sexual Victims, Rape Crisis Centres and Counseling.

Emergency Distress lines

When in need of someone to talk to, operated by various agencies. Open 24 hours a day (unless otherwise indicated):

- **9-8-8 Suicide Crisis Helpline:** Call or text 9-8-8
- **Toronto Distress Centres:** 416 408-4357 or 408-HELP
- **Gerstein Centre:** 416 929-5200
- **Spectra Helpline:** 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents
TTY: 905 278-4890; *Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese*
- **Assaulted Women's Helpline:** 416 863-0511; Toll-free: 1 866 863-0511
- **Kids Help Phone:** 1 800 668-6868; *Languages: English and French*
- **Community Crisis Line Scarborough and Rouge Hospital:** 416 495-2891 for 24/7 telephone crisis support.
Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park
- **Durham Crisis and Mental Health Line:** 905 666-0483
- **Distress Centre Halton:** *For Residents of the Halton Region (Burlington, Halton Hills, Milton, and Oakville). Oakville: 905-849-4541; Burlington: 905-681-1488; Milton/Halton Hills: 905-877-1211*
- **GOOD2TALK Helpline:** 1-866-925-5454 Text: 686868 Website: www.goodtotalk.ca

Canadian Association of Sexual Assault Centres

Ontario English

Assaulted Women's Helpline - Free Crisis line

GTA 416-863-0511

Toll Free: **1-866-863-0511**

#SAFE (#7233) on Bell, Rogers, Fido or Telus mobile phone

TTY: 1-866-863-7868

www.awhl.org

Ontario Français

Fem'aide (Ligne de soutien pour femmes violentées)

Telephone Toll-Free: **1-877-336-2433**

ATS: 1 866 860-7082

www.femaide.ca

Sexual Assault/Domestic Violence Treatment Centres

35 hospital-based centres that provide 24/7 emergency care to women. To locate the Sexual Assault/Domestic Violence Treatment Centre nearest you, head to <http://www.satcontario.com>

ONTARIO ONLINE <https://Ontario.ca/page/find-mental-health-support>

Local

YORK REGION

Newmarket, York Region

Women's Support Network of York Region

Crisis 24 Hr Counselling: **1-800-263-6734 or 905-895-7313**

Office: (905) 895-3646

www.womenssupportnetwork.ca

info@womenssupportnetwork.ca

1110 Stellar Drive, Unit 109

Newmarket, Ontario L3Y 7B7

Victim Services of York Region (VSY) 905-474-2955

24 Hr. practical and emotion assistance to victims of crime or tragic circumstances.

York Regional Police

905-881-1221

**Domestic Abuse and Sexual Assault Care Centre of York Region
(DASA) 1-800-521-6004 ext. 2**

The Domestic Abuse and Sexual Assault Care Centre is located at YORK CENTRAL HOSPITAL at 10 Trench Street in Richmond Hill.

DASA can provide acute care to victims of sexual violence or partner abuse. As it is located within a hospital, the resources of the Emergence Room are immediately available as well.

DASA also handles non-acute assessments, counseling and referral services for those who have suffered domestic violence.

CAYR Community Connections Offers social and support groups for all ages and programs that address issues like harm reduction, addiction and HIV support. **1-800-243-7717**
Newmarket

24 hour Crisis Lines and Counseling

Assaulted Women's Helpline	(1-866)-863-7868
310-COPE	Toll Free 1-(866) 863-0511 (905) 310-2619
Kids Help Phone	1-(800) 668-6868
Women's Centre of York Region	(905) 853-9270
Women's Support Network of York Region	(905) 895 7313
	Or (800) 263-6734

York Region Centre for Community Safety (YRCCS) provides holistic, respectful, client-centered support for survivors of various forms of violence regardless of gender or sexual orientation. Including intimate partner, domestic, sexual and human trafficking violence.
905-836-7601

Pflag York Region Anonymous support line to provide specific LGBTQ+ services
A toll-free, anonymous support line at **1-866-977-3524**

Family Services York Region (FSYR) York Rainbow Information,
Referral and Support - providing counseling including group counseling for individuals identifying as trans.
1-888-967-5542

Court / Legal Supports

Victim / Witness Assistance Program	(905) 868-8355
Newmarket Criminal Court	(905) 853-4801
Family Law Information Centre / Family Court	(905) 853-4809
Legal Aid Ontario	(800) 668-8258

Interpreter Services

Multilingual Community Interpreter Services **(416) 422-5984**

Women's Shelters

Yellow Brick House	(800) 263-3247
Sandgate Women's Shelter	(800) 661-8294
E.T.A. Vaughan	(877) 382-1888
Blue Door Shelters	(905) 898-1015 ext. 5 Toll Free 1 (888) 554-5525

Online Resources

Family-Law Education for Women	www.onefamilylaw.ca
Family Law for Men	www.fathers-resources.com

Neighbours, Friends and Families
Shelternet
York Regional Police & Victim Services

www.neighboursfriendsandfamilies.ca
www.shelternet.ca
www.safetybound.ca

Surrounding Areas

Alliston, Barrie, Collingwood, Midland and Orillia

Huronian Transition Homes operates La Maison Rosewood Shelter (Midland) & Athena's Sexual Assault Counselling and Advocacy Centre

24-Hour Crisis Line:

Barrie: 705-737-2008 or 1-800-987-0799

Midland: 705-526-4211 or 1-800-461-1750

Office: 705-526-3221

www.huroniatrtransitionhomes.ca

Durham Region

Durham Crisis and Mental Health Line: 1-905-666-0483

Durham Rape Crisis Centre

Crisis: 905-668-9200

Office: 905-444.9672

info@drcc.ca

www.drcc.ca

211 North Ontario

www.211north.ca

Text: 211

Toll Free: 1(866) 624-1729

Guelph

Guelph-Wellington Women in Crisis

Crisis: 519-836-5710

Toll Free: 1-800-265-7233

www.gwwomenincrisis.org

Kitchener-Waterloo

Sexual Assault Support Centre of Waterloo Region

Crisis: 519.741.8633

Office: 519.571.0121

info@sascwr.org

www.sascwr.org

Peel Region

Revive (Formerly Hope 24/7)

Crisis: 1-800-810-0180

Office: (905) 792-0821

www.revivehere.com

David Kelley Services Program

416-595-9618

The David Kelley Services Program provides counselling and partner Assault Response services specific to LGBTQ+ communities.

Burlington, Halton Hills, Milton, Oakville

Sexual Assault & Violence Intervention Services of Halton

Crisis: 905-875-1555

Office: 905-825-3622

www.savisofhalton.org

Orangeville

Family Transition Place

Crisis: 1-800-265-9178

Office: 519-942-4122

www.familytransitionplace.ca

Simcoe

Haldimand & Norfolk Women's Service

Crisis: 1-800-265-8076

TTY: 1-800-815-6419

Office: 519-805-8188

hnws@hnws.on.ca

www.hnws.on.ca

Toronto

Suicide Crisis HelpLine

Call or text 9-8-8-

Toronto Distress Centres 416- 408-4357 or 408 HELP

Oasis Centre des Femmes

Téléphone : 416-591-6565

Courriel : services@oasisfemmes.org

<http://oasisfemmes.org/>

Toronto Rape Crisis Centre: Multicultural Women Against Rape

Crisis: 416-597-8808

Office: 416-597-1171

info@trccmwar.ca

crisis@trccmwar.ca

www.trccmwar.ca

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Providing holistic, respectful, client-centered support for survivors of various forms of violence regardless of gender or sexual orientation. Including intimate partner, domestic, sexual and human trafficking violence. 905-836-7601

GOOD2TALK Helpline: 1-866-925-5454 Text: 686868 Website: www.goodtotalk.ca

211 ONTARIO

<https://211ontario.ca>

Dial or text : 211 for a variety of support referrals and services

Centre for Addiction & Mental Health (CAMH) www.camh.ca

Telehealth Free confidential health advice 1-866-797-0000

College email for information

Email: drkhoshbin@gmail.com or registrar@wellspringcollege.com