

This resource list includes information about resources, services and organizations that may help support individuals who have experience with abuse. While the Mental Health Team is committed to regularly updating this resource list, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

EMERGENCY SERVICES:

Phone number: 911.

Description: Emergency line to contact Toronto Paramedic Services, Toronto Police Service and Toronto Fire Services.

HELPLINES:

Assaulted Women's Helpline:

Phone number: GTA 888-937-4451. TOLL-FREE 1-888-937-4451.

Description: 24/7 free, anonymous and confidential multilingual crisis counselling line for women in Ontario. Email: info@awhl.org / Website: <https://www.awhl.org/>

Talk4Healing (for Indigenous Women in Ontario):

Phone number: 1-855-554-4325

Description: 24/7 free support. <https://www.beendigen.com/programs/talk4healing/>

Seniors Safety Line:

Phone number: 1-866-299-1011

Description: 24/7 multilingual crisis and support for seniors experiencing abuse in Ontario. Online counselling offered Monday-Friday from 11 AM – 8 PM at www.awhl.org/online-chat Email: admin@eapon.ca / Website: <https://eapon.ca/seniors-safety-line/>

Kids Help Phone:

Phone number: 1-800-668-6868 or text #686868

Description: 24/7 confidential multilingual mental health services. <https://kidshelpphone.ca/>

Hope for Wellness Helpline – for Indigenous persons:

Phone number: 1-855-242-3310

Description: 24/7 helpline for Indigenous people across Canada. <https://www.hopeforwellness.ca/>

Trans Lifeline:

Phone number: 877-330-6366

Description: Monday through Friday, 1M-9PM Eastern. Peer support phone service run by trans individuals. <https://translifeline.org/>

LGBTQ+ The Trevor Project:

Phone number: 1-866-488-7386. Text 'START' to 678-678.

Description: 24/7 Crisis intervention and suicide prevention. <https://www.thetrevorproject.org>

SUPPORTS FOR SURVIVORS OF SEXUAL ABUSE:

Toronto Rape Crisis Centre:

Phone number: 416-597-8808

Description: 24/7 confidential crisis line. Email: info@trccmwar.ca. Website: <https://trccmwar.ca/>

Male Survivors of Sexual Abuse:

Phone number: TOLL FREE 1-866-887-0015

Description: 24/7 crisis and referral services for counselling, peer support and community agencies.

SHELTERS FOR INDIVIDUALS FLEEING ABUSE:

Central Family Intake:

Phone number: 416-397-5637

Description: Operates 24/7 offering referrals to emergency shelters. <https://www.toronto.ca/community-people/housing-shelter/homeless-help/central-intake/>

Canadian Centre for Men and Families:

Phone number: 647-479-9611. TOLL FREE 1-844-900-2263.

Description: Family shelter for abused men and children. Offers others programs such as legal, counselling, and support groups. Email: info@menandfamilies.org. Website: <https://menandfamilies.org/>

LEGAL ADVICE:

Barbra Schlifer Clinic:

Phone number: 416-323-9149 option 1

Description: Provides legal, counselling and interpretation services. <https://www.schliferclinic.com/>

Steps to Justice:

Description: Guide to law in Ontario. <https://www.stepstojustice.ca>