



Crisis Services and Safety Planning Resources

Disclaimer: If you are in immediate danger or fear for your safety, please call 911 or your local emergency services immediately. Your safety is the top priority.

For Violence Crisis Services and Safety Planning

Assaulted Women's Helpline

- 24/7 helpline and set hours for online chat for safety planning, support, and help seeking shelters. Has access to interpretation.
- Call: 1-888-715-0536
- www.awhl.org

Fem'aide

- French language 24/7 helpline offering support for domestic violence in Ontario.
- Call: 1-877-336-2433
- www.femaide.ca

Talk4Healing

- 24/7 culturally safe telephone helpline, text or chat for Indigenous women in Ontario.
- Call: 1-888-200-9997
- www.talk4healing.com

The Toronto Rape Crisis Centre / Multicultural Women Against Rape (TRRC/MWAR)

- 24/7 helpline open to all survivors of rape and sexual assault
- Call: 416-597-8808
- www.trccmwar.ca

Victim Services Toronto

- 24/7 helpline for crisis response services for victims of crime in Toronto.
- Call: 416-808-7066
- www.victimservicestoronto.com

The 519

- Offers services and programs for persons identifying as 2SLGBTQ+.
- Call: 416-392-6874
- www.the519.org



For Legal Support Services

Legal Aid Ontario

- Provides legal services for a variety of needs, including domestic violence.
- Toll-free: [1-800-668-8258](tel:1-800-668-8258)
- Call: [416-979-1446](tel:416-979-1446)
- Bell Relay: [1-800-855-0511](tel:1-800-855-0511)

Luke's Place

- Provides support, advocacy, training and coordinates the list of Family Court Support Programs across Ontario.
- Call: [905-728-0978](tel:905-728-0978)
- www.lukesplace.ca

One Family Law

- Online resources and tools available in multiple languages for women experiencing violence.
- Call: [780-915-5735](tel:780-915-5735)
- www.onefamily.law

Brabra Schlifer

Commemorative Clinic

- Provides legal advice, lawyer referrals, family court support, counselling and interpretation services to women who have survived violence.
- Call: [416-323-9149](tel:416-323-9149) ext 234
- www.schliferclinic.com

Steps To Justice

- Online resource with guided pathways to explain legal processes and fill forms, including for restraining orders and child support orders.
- www.stepstojustice.ca

Family Court and Beyond

- Online resources and tools for victims of domestic violence going through family court.
- Call: [1-866-516-3116](tel:1-866-516-3116)
- www.familycourtandbeyond.ca



For Children's Aid Services

Children's Aid

- Provides child protection services and are governed by the Child, Youth and Family Services ACT, 2017.
- Call: 416-987-7725
- www.oacas.org/

Kids Help Phone

- Provides 24/7 counselling, well-being, addiction and mental health support for children, teens and young adults in multiple languages.
- Call: 1-800-668-6868
- Text: CONNECT to 686868
- www.kidshelpphone.ca

For Indigenous Support Services

Hope for Wellness Helpline

- Provides 24/7 supports for Indigenous people across Canada in multiple languages.
- Call: 1-855-242-3310
- www.hopeforwellness.ca

KUU-US Crisis Line

- Enhancing health, safety, and wellness through a holistic approach for indigenous youth and adults.
- Call: 1-800-588-8717
- www.kuu-uscrisisline.com

For Seniors Services

Seniors Safety Line

- 24-hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect.
- Call: 1-866-299-1011

Crisis Outreach Service For Seniors Program

- On-call crisis intervention and outreach for adults 65+ or age 55 – 64 with dementia, addictions or mental illness.
- Call 416-217-2077
- www.woodgreen.org

