

Crisis Services and Safety Planning Resources

A list of crisis lines, support services, and safety planning resources in Toronto, Ontario, and Canada.

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.

TORONTO <u>The Toronto Rape Crisis Centre Multicultural Women Against Rape (TRRC/MWAR)</u> • 416-597-8808 (24/7 and holidays) • Text: 416-597-8808 (Wednesdays to Fridays, 6pm to midnight) • www.trccmwar.ca <u>Victim Services Toronto</u> • 416-808-7066 (24/7) • www.victimservicestoronto.com <u>The 519</u> • 416-392-6874 (9am–9pm, 2SLGBTQIA+) • www.the519.org <u>La Maison d'hébergement pour Femmes Francophone</u> • 647-777-6433 (French) • www.lamaison-toronto.org	<u>Seniors Safety Line</u> • 1-866-299-1011 (24/7, multilingual) • www.eapon.ca/seniors-safety-line/ <u>Male Survivors of Sexual Abuse Crisis Line</u> • 1-866-887-0015 (24/7) • www.familyservicestoronto.org/our-services/programs-and-services/male-survivors-of-sexual-abuse/
ONTARIO <u>Victim Support Line</u> • 1-888-579-2888 (24/7) • Online chat: (Monday–Friday, 7am–9pm EST) • victimsupportdirectory.ca <u>Fem'aide Support Line</u> • 1-877-336-2433 (24/7, French only) • femaide.ca <u>Ontario Community and Social Services Helpline</u> • 211 (24/7, referrals to services) <u>Talk4Healing Helpline for Indigenous Women</u> • 1-855-554-4325 (24/7) • www.beendigen.com	CANADA <u>Assaulted Women's Helpline</u> • 1-866-863-0511 or text #7233 (24/7, multilingual) • www.awhl.org <u>Kids Help Phone</u> • 1-800-668-6868 or text 686868 (24/7, multilingual) • www.kidshelpphone.ca <u>Trans Lifeline</u> • 1-877-330-6366 • www.translifeline.org <u>Hope for Wellness</u> • 1-855-242-3310 (24/7 support for Indigenous Peoples; English and French, and on request in Cree, Ojibway, and Inuktitut) • www.hopeforwellness.ca <u>Suicide Crisis Helpline</u> • 988 (24/7, Text or Call, Bilingual)