Resources for young people in Ontario

**Anishinabe Women’s Crisis Home and Family Healing Centre:** Offers 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario.

- 888-200-9997
- 855-554-HEAL
- [https://www.beendigen.com/](https://www.beendigen.com/) (live chat available)

**Boost Child & Youth Advocacy Centre:** Works to prevent child abuse and violence through awareness and education. They collaborate with police, child protection, medical, and mental health agencies to provide an individualized and child-friendly response for every child who has experienced abuse.

- [https://boostforkids.org/](https://boostforkids.org/)

**Government of Ontario:** Lists regional resources available for children and youth under 18 years old


**Help Ahead:** The centralized phone line to access child, youth and family mental health and well-being resources in Toronto.

- 1-866-585-6486
- [https://www.helpahead.ca/](https://www.helpahead.ca/)
Resources for young people in Ontario

**LGBT Youth Line:** Provides peer support by and for 2SLGBTQ+ people 29 and under across Ontario.

- Text 647-694-4275
- [https://www.youthline.ca/](https://www.youthline.ca/) (live chat available)

**Ontario Coalition of Rape Crisis Centres:** Has a guide to find local centres in Ontario

- [https://sexualassaultsupport.ca/](https://sexualassaultsupport.ca/)

**Ontario Network of Sexual Assault/Domestic Violence Treatment Centres:** Guide to find local centres in Ontario

- [https://www.sadvtreatmentcentres.ca/](https://www.sadvtreatmentcentres.ca/)

**Radius Child and Youth Services:** A specialized community-based organization that provides clinical assessment and counselling services to children, youth and families affected by interpersonal abuse: physical, sexual, or emotional abuse, neglect, or who have witnessed domestic violence.

- [https://radiuscys.ca/](https://radiuscys.ca/)

**Youth Services:** The crisis helpline responds to youth and support persons who are residents of Ottawa and Eastern Ontario, 24/7.

- 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario)
- [https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/](https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/) (live chat available)
Resources for young people in Ontario

London

Anova: provides services and support for adults and children affected by abuse and sexual violence.

- 519-642-3000 (24-Hour Crisis & Support Line)
- 1-800-265-1576 (toll free)
- https://www.anovafuture.org/contact/

Regional Sexual Assault and Domestic Violence Treatment Centre: Several support options available at no cost to patient. Specialized team of nurses, doctors, and social workers.

- 519-646-6100, ext. 64224
- Location: St. Joseph’s Hospital
- https://www.sjhc.london.on.ca/areas-of-care/sexual-assault-and-domestic-violence-treatment-program

Toronto

Sexual Assault/Domestic Violence Care Centre (Women’s College Hospital): Available 24/7, no appointment necessary. It offers comprehensive service that assists women, men, and trans people, over the age of 14, who are victims/survivors of sexual assault and domestic/intimate partner violence.

Resources for young people in Ontario

**Toronto Rape Crisis Centre**: Web chat and text chat support is also available through the website Wednesdays to Friday, 7pm – 12am EDT.

- **416-597-8808** (24-Hour Line)
- [https://trccmwar.ca/](https://trccmwar.ca/)