

If you, or anyone you know, needs support or information on sexual harassment and violence, below is a list of Canadian resources organized by province/territory.

Support Resources

INTERNATIONAL

keep.meSAFE – 1-844-451-9700 / <https://www.keepmesafe.org/ca-us/>

24 hours/day, 7 days/week

keep.meSAFE offers free support tailored to the unique needs of students. Access real-time and appointment-based support for any school, health, or general life concern in multiple languages and cultures. keep.meSAFE is completely confidential within the limits of the law, so no one – including your family, friends, or professors – will ever know you used the program unless you choose to tell them.

ALBERTA

One Line for Sexual Violence – 1-866-403-8000

9:00AM-9:00PM (MST), 7 days/week

Offers talk, text and chat to people in all areas of Alberta who have been impacted by sexual violence.

Sexual Assault Services in Alberta - <https://aasas.ca/get-help/>

Provides contact information for the 14 sexual assault services in Alberta who deliver day-to-day front line delivery of services within their local communities and regional areas (see AASAS Member Map).

Mental Health Help Line – 1-877-303-2642

24 hours/day, 7 days/week

The Alberta Health Services Mental Health Help Line is a confidential service that provides support, information and referrals to Albertans experiencing mental health concerns. The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

MacEwan Wellness and Psychological Services – 780-497-5063 / wps@macewan.ca

8:30AM-4:30PM (MST), M-F

Provides free, professional and confidential counselling to MacEwan Students who are struggling with personal or academic stress.

See the following links for instructions on how to clear your 'cookies' on different browsers:

[Chrome](#); [Safari](#); [Edge](#); [Firefox](#)

BRITISH COLUMBIA

VictimLinkBC – 1-800-563-0808

24 hours/day, 7 days/week

A toll-free, confidential, multilingual telephone service available across B.C. and the Yukon. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

KUU-US Crisis Line Society – 1-800-588-8717

24 hours/day, 7 days/week

KUU-US Crisis Line Society provides support to callers within the Port Alberni area as well as Indigenous people throughout the province of British Columbia.

WAVAW Rape Crisis Centre (Crisis & Info Line) – 1-877-392-7583

24 hours/day, 7 days/week

WAVAW provides immediate crisis assistance and emotional support, information and referrals for survivors of sexualized violence who are of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people. The crisis line is free and confidential.

Society for Male Survivors of Sexual Abuse – (604) 682-6482

<http://bcmalesurvivors.com/home/>

A non-profit society, established to provide therapeutic services for males who have been sexually abused at some time in their lives.

Mental Health Support Line – 310-6789

24 hours/day, 7 days/week

This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are there to listen and support you as well as refer you to community resources. Note there is no area code for this number.

MANITOBA

Sexual Assault Crisis Line – 1-888-292-7565

24 hours/day, 7 days/week

A 24-hour phone line that provides information and crisis intervention to sexual assault victims and those close to them.

Justice Victim Services – 1-866-484-2846 / www.gov.mb.ca/justice/crown/victims/index.html

In general, Victim Services helps people access their rights, understand their responsibilities and connects them to other services or agencies. Services are provided free of charge and are available in person, by phone, fax or Internet.

Klinic Crisis Line – 1-888-322-3019

24 hours/day, 7 days/week

Our lines are open to people of all ages, genders and backgrounds. You do not have to be in crisis or suicidal to call. Calling the Crisis Lines can be a good place to start when trying to sort out a problem. We can also refer you to other services or programs.

NEW BRUNSWICK

Chimo Helpline – 1-800-667-5005

24 hours/day, 7 days/week

A provincial crisis phone line, accessible to all residents of New Brunswick. Provides a listening ear, helpful information, crisis intervention and referrals to resources in the province of N.B.

Sexual Assault Support Line – 506-454-0437

5:00PM-8:00AM (AST), 7 days/week

A confidential sexual assault support line for anyone affected by sexual violence, or anyone supporting someone affected by sexual violence. Our mission is to serve our community by providing a competent level of crisis intervention, referrals and vital information in a caring, confidential manner.

Government of New Brunswick, Sexual Violence Support –

https://www2.gnb.ca/content/gnb/en/corporate/promo/sexual_violence/support.html

Provides contact information for sexual assault resources in New Brunswick.

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[Chrome](#); [Safari](#); [Edge](#); [Firefox](#)

NEWFOUNDLAND & LABRADOR

NL Sexual Assault Crisis & Prevention Centre – 1-800-726-2743 / www.endsexualviolence.com

24 hours/day, 7 days/week

A non-profit, community-based, charitable organization that exists to support individuals of all genders who have been impacted by sexual violence. Provides help and resources for support.

811 Healthline – 811

24 hours/day, 7 days/week

In addition to being an access point, 811 is also an e-mental health tool, confidential and free, and staffed by experienced Registered Nurses. 811 HealthLine nurses are available to listen, provide support, and connect you to health services in your area. If you are experiencing a mental health and addictions crisis, need support, or are looking for health information, call 811.

Memorial University of Newfoundland Sexual Harassment Office – 709 864 8199 / <https://www.mun.ca/sexualharassment/sexual-assault-support-and-response-guide/> (for after hours information)

8:30AM-4:30PM, M-F

The Sexual Harassment Office serves all students, faculty and staff of all Memorial University campuses and institutes. The Sexual Harassment Office is located in room E6039 of the Alexander Murray Building (Earth Sciences) on the St. John's campus. Referrals to other resources, both on campus and in the community, can also be facilitated through the Sexual Harassment Office.

Bridge the gapp (warm line) – 1-855-753-2560

10AM-Midnight, 7 days/week

Non-emergency, non-crisis telephone support and referral service. Operated by trained peer supporters. Bridge the gapp offers self-help resources, links to local services, and allows the user to share their own personal stories. Bridge the gapp also connects you to an eight-week online self-management program called the BreathingRoom.

2SLGBTQIA+ Warm Line – 1-866-230-8041

1PM-5PM, M-F; 6PM-Midnight, 7 days/week

Planned Parenthood NL's 2SLGBTQIA+ Warm Line is a peer support service run by and for 2SLGBTQIA+ people in Newfoundland and Labrador. If you need someone to talk to, call us and we will do our best to support you and provide you resources.

The goals of the Warm Line are as follows:

- Create a safer space for 2SLGBTQIA+ people in NL to talk through their problems/concerns.
- Take pressure off of existing crisis or warmlines that 2SLGBTQIA+ people may be using in the absence of specific warm line
- Connect those in the 2SLGBTQIA+ community with more experience and more to give with those seeking help or someone to talk to.

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NOVA SCOTIA

The Sexual Assault and Harassment Phone Line – 1-902-425-1066

12:00PM-12:00AM (AST), 7 days/week

Non-judgmental, active listening and support to anyone who has experienced or has been affected by sexualized violence. There are only 2 phone line operators taking calls and they may be helping another person when you call. If you are unable to get through, please try again later. The phone line is operated by Dalhousie Student Union.

Mi'kmaq Crisis and Referral Line – 1-855- 379-2099

24 hours/day, 7 days/week

The Nova Scotia Mi'kmaq Crisis and Referral phone line is available toll free to Mi'kmaq people across the province. The Centre also provides online support through the Eskasoni Crisis Worker Facebook account. Both are a service of Eskasoni Mental Health.

Sexual Assault Centres – www.novascotia.ca/coms/svs/sexual-assault-centres

Provides information and contacts for 3 sexual assault centres in Nova Scotia.

Legal Advice for Sexual Assault Survivors Program

211 Nova Scotia provides program registration and participants will not be identified to government

Provides free, independent legal advice to adult survivors of sexual assault. The program respects survivors' privacy and their right to make their own decisions. You do not need to provide details about what happened. You only have to say that you are over 16 years, were sexually assaulted in Nova Scotia, and that you would like to speak with a lawyer.

Provincial Mental Health and Addictions Crisis Line – 1-888-429-8167

214 hours/day, 7 days/week

The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service supports callers who present with suicidal thoughts, self-harming thoughts or behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support.

NORTHWEST TERRITORIES

Northwest Territories: NWT Help Line – 1-800-661-0844

24 hours/day, 7 days/week

Offers free support to residents of the Northwest Territories It is 100% free and confidential. The NWT Help Line also has an option for follow-up calls.

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NUNAVUT

Nunavut Kamatsiagtut Helpline – 1-800-265-3333

24 hours/day, 7 days/week

For all people who need someone to talk to about their troubles, concerns, and anything that bothers you. Trained volunteers come from many walks of life and are always available with an open mind and listening ear for those who need someone to talk to about issues that matter to you. All of our volunteers speak English and many speak Inuktitut and French.

ONTARIO

Assaulted Women’s Helpline – 1-866-863-0511 / Toll-Free TTY 1.866.863.7868 / #SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone

Offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. Provides counselling, emotional support, information and referrals.

Ontario Coalition of Rape Crisis Centres – www.sexualassaultsupport.ca/support

Provides contact information for sexual assault centres in Ontario, by city or region. Sexual assault centres provide free counselling and information about sexual violence.

Talk4Healing – 1-855-554-HEAL

24 hours/day, 7 days/week

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario. A live chat function is also available here: <https://www.talk4healing.com/>.

Good2Talk – 1-866-925-5454

24 hours/day, 7 days/week

Good2Talk offers free, confidential support to post-secondary students in Ontario 24/7. Phone service is available in English, French, and Mandarin.

Sexual Harassment and Assault Resource Exchange (SHARE) – 1-866-625-5179 or 416-597- 4900 / TTY: 416-597-4903 or 1-866-612-8627 / <https://www.hrlsc.on.ca/share/welcome>

9:00AM-5:00PM (EST), Monday, Tuesday, Wednesday, Friday

2:00PM-6:00PM (EST), Thursday

The Sexual Harassment and Assault Resource Exchange (SHARE) is a service that supports all workers who have experienced sexual harassment or assault at work, including volunteers, interns, and students. We provide free, confidential legal information to workers about all their available options to address their experience, available in 140 languages. Anyone who identifies as Indigenous may speak with an Indigenous staff member about experiences of sexual harassment and/or sexual assault at work.

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Barbra Schlifer Commemorative Clinic #AndMeTooProject - andmetoo@schliferclinic.com

This free program is for workers who are precariously employed (including working as a student or volunteer). #AndMeToo is for people who identify as women, trans women, gender non-conforming and non-binary survivors of sexual violence or sexual harassment in the workplace, particularly those facing multiple forms of discrimination, who come from under-served communities, and who have complex socio-economic and legal needs.

PRINCE EDWARD ISLAND

The Island Helpline - 1-800-218-2885

24 hours/day/7 days/week

You can expect a kind and caring staff person to answer who is trained in crisis intervention. Staff provide emotional support, problem solving and crisis intervention services. Staff can also help by offering information about community resources and supports near you.

The PEI Rape and Sexual Assault Centre - 1-866-566-1864 / <http://peirsac.org/index.php>

9:00AM-5:00PM (AST), Monday-Friday

The mission of the PEI Rape and Sexual Assault Centre is to support survivors of sexual assault and abuse in their healing and to ensure that all people living in PEI are safe from sexual violence. Does not provide support or crisis intervention outside of regular work hours.

Victim Services - Queens and Kings County - (902) 368-4582

Victim Services - Prince County - (902) 888-8218

Victim Services assists victims of crime throughout their involvement in the criminal justice system. Assistance is available to victims of crime anywhere on PEI. If you live off-Island and are victimized by a crime that occurred on PEI, you are also eligible for services.

RISE Program: Support for Victims of Sexual or Intimate Partner Violence and Workplace Sexual Harasament - 902-218-6143 / rise@legalinfopei.ca

9:00AM-4:00PM (AST), Monday-Friday

Provides free legal resources and support to people who have experienced sexual violence, workplace sexual harassment, or intimate partner violence.

QUEBEC

Sexual Violence Helpline – 1-888-933-9007

24 hours/day, 7 days/week

Available to anyone regardless of age, sexual identity, gender identity, sexual orientation, cultural origin or occupation, whether you have experienced sexual violence yourself or want to help someone who has. Provides a safe space where no one will judge you as well as support and information.

Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexual (RQCALACS) – 1-877-717-5252 / www.rqcalacs.qc.ca

Provides contact information for sexual assault centres in Quebec, by city or region. Sexual assault centres provide free counselling and information about sexual violence.

Help and Information Center On Workplace Harassment (GAIHST) – 514-526-0789 / <https://gaihst.qc.ca/>

Community organization that helps people who have been subjected to sexual and/or psychological harassment at work.

SASKATCHEWAN

Sexual Assault Services of Saskatchewan – <https://sassk.ca/resources/>

Provides links to a number of resources related to sexual violence, including sexual assault centres and victim services. SASSK is a provincial non-profit organization that works collectively with front-line agencies, community partners, and governments that provide support for those affected by sexual violence in Saskatchewan.

Victim Services –

<https://www.saskatchewan.ca/residents/justice-crime-and-the-law/victims-of-crime-and-abuse/help-from-victim-service-units-and-agencies>

The Victim Services programs work closely with police and assist victims in the immediate aftermath of a crime or tragedy and throughout the criminal justice process. Services include crisis intervention, information, support, referrals to other specialized programs and services.

HealthLine 811 – 811 OR 1-877-800-0002

24 hours/day, 7days/week

HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. Staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers. Services are offered in English, with translation available in over 100 languages.

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University of Saskatchewan Student Wellness Services – 1-306-966-5768 /

<https://students.usask.ca/health/centres/wellness-centre.php>

8:30AM-4:30PM, M-W, F; 9:30AM-4:30PM Th

At the Student Wellness Centre, you can book an appointment with a physician, nurse, counsellor, psychiatrist, and dietitian. If you're feeling overwhelmed and not sure what to do, contact Student Affairs and Outreach. Staff there provide students with coaching, mentorship and practical problem-solving support. Counselling support is also available through Empower Me as part of your USSU and GSA health and dental plans with Studentcare.

If you are in crisis, are distressed, or are concerned about another student, please call the Student Affairs and Outreach team at 306-966-5757.

For after-hours support, please contact Saskatoon Mobile Crisis at 306-933-6200 or Crisis Services Canada at 1-833-456-4566.

YUKON

VictimLinkBC – 1-800-563-0808

24 hours/day, 7 days/week

A toll-free, confidential, multilingual telephone service available across B.C. and the Yukon. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

Women's Transition Home Crisis Line – 1-867-668-5733

24 hours/day, 7 days/week

The Crisis Line operates 24/7 and trained staff provide support and assist callers to strategize options. Staff are caring, knowledgeable women who provide information about resources in the community and assist to create safety plans.

**Call collect if you cannot afford the cost.*

Yukon Distress & Support Line – 1-844-533-3030

7PM-3AM, 7 days/week

The Yukon Distress & Support Line is a toll-free, Yukon-wide, volunteer-run phone line open nightly from 7pm-3am. They provide confidential, anonymous and non-judgmental support to people in crisis, distress, looking for information or seeking support.

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[Chrome](#); [Safari](#); [Edge](#); [Firefox](#)