

Gender-Based Violence Support Resources

Immediate Support & Crisis Lines

Use when urgent emotional support, safety planning, or crisis help is needed.

Organization	Phone / Text / Online Chat / Email	Website
Assaulted Women's Helpline Confidential, 24/7 support, safety planning, and referrals (available in many languages).	Phone: 1 866 863 0511 TTY: 1 866 863 7868 GTA: 416 863 0511 Text: SAFE to 7233	Assaulted Women's Helpline
Fem'aide 24/7 crisis and support line for Francophone women experiencing violence.	Phone: 1 877 336 2433 Text: 1 877 336 2433 Chat: Fem'aide	Fem'aide
Support for Male Survivors of Sexual Abuse Multilingual, 24/7 crisis, and referral support for male survivors.	Phone: 1 866 887 0015	
Seniors Safety Line Confidential support for seniors experiencing abuse, neglect, or harm from family members, caregivers, or others they rely on.	Phone: 1 866 299 1011 TTY: 1 866 299 0008	Seniors Safety Line
Kids Help Phone 24/7 phone and online counselling for young people.	Phone: 1 800 668 6868 Text: 686868	Kids Help Phone

Sexual Assault & Domestic Violence Services

Use when specialized support, counselling, shelter, or medical care is needed.

Organization	Phone / Text / Online Chat / Email	Website
Ontario Coalition of Rape Crisis Centres Network of 30+ English-language sexual assault centres in Ontario.		Ontario Coalition of Rape Crisis Centres
Sheltersafe.ca Online resource for women and their children seeking safety from violence and abuse.		Sheltersafe.ca
Ontario Network of Sexual Assault / Domestic Violence Treatment Centres An Ontario network supporting hospital-based centres that provide medical care and support after sexual and domestic violence.	Phone: 1 855 628 7238	Ontario Network of Sexual Assault/Domestic Violence Treatment Centres

Health, Mental Health & Counselling Supports

Use when counselling, wellbeing, or non-crisis mental health support is needed.

Organization	Phone / Text / Online Chat / Email	Website
ConnexOntario 24/7 free, confidential information on mental health, addiction, and support services.	Phone: 1 866 531 2600 Text: CONNEX to 247247 Chat: ConnexOntario	ConnexOntario
Distress Centres Ontario An Ontario network of community-based organizations that provide emotional support and crisis	Email: info@dcontario.org <i>Not a crisis line</i>	Distress Centres Ontario

Organization	Phone / Text / Online Chat / Email	Website
services through local distress and crisis lines.		
iHEAL (mobile app) A confidential app that supports women who have experienced abuse from a current or past partner.		iHEAL

Culturally Specific & Language-Based Supports

Use when culture, language, or identity may affect access to support.

Organization	Phone / Text / Online Chat / Email	Website
Talk4Healing (Beendigen) 24/7 culturally specific support service for Indigenous women and children experiencing violence.	Phone: 1 855 554 HEAL Text: 1 855 554 HEAL Chat: Talk4Healing	Talk4Healing
Ontario Federation of Indigenous Friendship Centres Culturally based support and advocate centres for Indigenous Peoples in urban communities.	Phone: 1 800 772 9291 Toronto: 416 956 7575 Email: ofifc@ofifc.org	Ontario Federation of Indigenous Friendship Centres
Hope for Wellness A 24/7 support and crisis line for Indigenous people, providing culturally appropriate emotional support.	Phone: 1 855 242 3310 Chat: Hope for Wellness	Hope for Wellness
Language Interpreter Services Interpreters for more than 70 languages for victims of domestic violence, sexual violence, and human trafficking victims.		Language Interpreters

Organization	Phone / Text / Online Chat / Email	Website
Settlement.org Information and local services for newcomers to Ontario.		Settlement.org

Legal & Advocacy Supports

Use when questions about legal rights, protection, or advocacy arise.

Organization	Phone / Text / Online Chat / Email	Website
Legal Aid Ontario Legal help for low-income individuals.	Phone: 1 800 668 8258 Chat: Legal Aid Ontario	Legal Aid Ontario

Finding the Right Support

Use when you're unsure which service fits best.

Organization	Phone / Text / Online Chat / Email	Website
211 Ontario Confidential service that connects people to social and community supports.	Phone: 211 Text: 211 Chat: 211 Ontario	211 Ontario
Supports for Victims of Violence Provincial information and services for victims of crime.		Supports for Victims of Violence
Victim Support Directory A directory that helps people find victim support services across Ontario.	Phone: 1 888 579 2888 Chat: Victim Support Directory	Victim Support Directory

Additional Resources and Learning

Reports, tools, and learning resources that provide more information about gender-based violence, prevention, and workplace response.

Resource	Website
Respect at Work Evidence-based resource hub with research, policy guidance, and practical tools to support prevention and response to workplace harassment and violence.	Respect at Work
Make It Our Business Provides tools and training to help workplaces prevent and respond to domestic violence and support employees affected at work.	Make It Our Business
Tech Safety Canada Provides practical tools and information to help address technology-facilitated gender-based violence.	Tech Safety Canada
Technology-Facilitated Gender-Based Violence (Video) Animated video showing how technology can both support and harm women and girls with disabilities, highlighting risks and the need for safer digital spaces.	Watch video
Addressing Domestic Violence in the Workplace (PSHSA) A practical handbook on workplace impacts of domestic violence and how to respond.	PSHSA Handbook