

## **Support Resources (National and Provincial / Territorial)**

### National Support Resources

1. Crisis Service Canada (24/7)- **1-833-456-4566** or text to **45645** (4:00pm-midnight ET)  
<http://www.crisisservicescanada.ca>
2. Text HOME to **686868** in Canada to text with a trained Crisis Responder (24/7)  
<https://www.crisistextline.ca/>
3. Trans Lifeline- **1-877-330-6366** (7am-1am PST/9am-3am CST/10am-4am EST)  
<https://www.translifeline.org/>
4. KeepmeSAFE for International Students- **1-844-451-9700**  
<https://keepmesafe.myispp.com/Home/UniversitySearch>
5. First Nations and Inuit Hope for Wellness Line (24/7)- **1-855-242-3310**  
<https://www.hopeforwellness.ca>

### Provincial/Territorial Support and Distress Lines

#### **British Columbia:**

1. Crisis Line Association of BC (24/7)- **1-800-784-2433**  
<https://crisiscentre.bc.ca/about-us/>
2. KUU-US Aboriginal Crisis Line(24 hours)- **1-800-588-8717**  
<http://www.kuu-uscrisisline.ca>
3. Woman Against Violence Against Women (24/7) (WAVAW)- **1-877-392-7583**  
<https://www.wavaw.ca/get-support/>

#### **Alberta:**

1. Alberta One Line for Sexual Violence- (9am-9pm daily; phone or text)- **1-866-403-8000**  
<https://aasas.ca>
2. Mental Health Help Line- (24/7)- **1-877-303-2642**  
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

#### **Saskatchewan:**

1. Regina Sexual Assault Centre (24/7)- **306-352-0434**  
[www.reginalsexualassaultcentre.ca](http://www.reginalsexualassaultcentre.ca)

2. Saskatoon Sexual Assault & Information Centre(24/7)- **306-244-2224**  
<https://ssaic.ca>

#### **Manitoba:**

1. Sexual Assault Crisis Line (24/7)- **1-888-292-7565**  
<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>
2. Manitoba Suicide Prevention and Support Line (24/7)- **1-877-435-7170**  
<http://reasontolive.ca>

#### **Ontario:**

1. Distress Centres of Greater Toronto (24/7)- **416-408- 4357**  
<https://www.torontodistresscentre.com/home-support>
2. Talk4Healing (Indigenous women)- **1-855-554-4325**  
<https://www.talk4healing.com>
3. Good2Talk (for post-secondary students)- **1-866-925-5454**  
<https://good2talk.ca>
4. Sexual Assault Crisis Centre (Windsor-Essex; 24/7)- **1-844-900-7222**  
<https://saccwindsor.net>

#### **Québec:**

1. Montréal Sexual Assault Centre (24/7; bilingue)- **1-888-933-9007**  
<http://cvasm.org/en/>
2. Centre de prévention du suicide de Québec- (24/7; bilingue) (**1-866-277-3553**)  
<https://www.cpsquebec.ca>

#### **New Brunswick:**

1. Fredericton Sexual Assault Crisis Centre (24/7)- **506-454-0437**  
<http://fsacc.ca/en/contact>
2. Chimo Helpline (24/7)- **1-800-667-5005**  
<http://www.chimohelpline.ca/>

#### **Nova Scotia:**

1. Mental Health Mobile Crisis Team (24/7)- **1-888-429-8167**

<https://www.mentalhealthns.ca/resources>

2. Halifax Crisis Line (24/7)- **902 421-1188**  
<http://avaloncentre.ca/quicklinks/ive-just-been-sexually-assaulted/>
3. Mi'kmaq Crisis Referral Line (24/7)- **1-855-379-2099**  
<https://www.eskasonimentalhealth.org>

**P.E.I.:**

1. Island Helpline (24/7)- **1-800-218-2885**  
<https://www.theislandhelpline.com>

**Newfoundland and Labrador:**

1. Mental Health Crisis Centre- **1-888-737-4668**  
<http://www.lghealth.ca/your-health/programs-and-services/mha/>
2. NL Sexual Assault Crisis and Support Centre- (24/7)-**1-800-726 2743**  
<http://nlsacpc.com>

**Yukon:**

1. Victim Services- **867-993-5831**  
[http://www.justice.gov.yk.ca/prog/cor/vs/contact\\_vs.html](http://www.justice.gov.yk.ca/prog/cor/vs/contact_vs.html)
2. After Hours Support VictimLink (24/7): **1-800-583-0808**  
<http://www.justice.gov.yk.ca/prog/cor/vs/>

**Northwest Territories:**

1. NWT Help Line (24/7) )- **1-800-661-0844**  
<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

**Nunavut:**

1. Nunavut Kamatsiagtut Helpline (24/7)- **1-800-265-3333**  
<http://www.nunavuthelpline.ca/resources.html>