



You are not alone

Where to Start If You Are Experiencing Domestic/Intimate Partner Violence

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There are many places and people to call for help if you suspect or know you are in an abusive relationship. Here is a list of resources to help you get started.

[Assaulted Women's Helpline](#)

416-863-0511 or 1-866-863-0511 or TTY 1-866-863-7868

Provides confidential support, safety planning, information and referrals including shelters and housing to anyone experiencing intimate partner violence, 24-hour crisis line.

[City of Toronto Employee Assistance Program \(EAP\)](#)

416-392-6633 or TTY 416-338-2916

Provides consultation, information and referral to specialized services and short-term confidential counselling. After-hours service available.

[Toronto Police Service](#)

For emergencies, if you are in immediate danger, **call 911.**

For non-emergencies, **call 416-808-2222.**

[Victim Services Toronto](#)

416-808-7066

Immediate support for victims of crime, safety planning, risk assessment, advocacy and court accompaniment, assessment for emergency high-risk alarm program, 24-hour crisis line.

[Toronto Rape Crisis Centre: Multicultural Women Against Rape](#)

416-597-8808

Provides private and confidential crisis intervention and support, 24-hour crisis line.

[Medical Treatment If You've Been Assaulted](#)

[Specialized hospital-based domestic violence and sexual assault treatment centres:](#)

Ontario Network of Sexual Assault & Domestic Violence Care Centres (SADVCC)

SADVCC, Women's College Hospital (Downtown Toronto), **call 416-323-6040**

SADVCC, Scarborough General Hospital, **call 416-495-2555**

SADVCC, Lakeridge Health (Durham Region), **call 905-576-8711 x 3286**

SADVCC, Trillium Health Centre (Peel Region), **call 905-848-7580 x 2548**

SADVCC, Mackenzie Health (York Region), **call 905-832-1406 x 1**

For a complete list of resources, see the "Domestic/Intimate Partner Violence Resources" section of the website.