

### ABUSE

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#### COMMUNITY MENTAL HEALTH PROGRAMS

##### **Assaulted Women's Helpline**

24-hour crisis line for women providing crisis counselling, safety planning, referrals to local agencies and support for ongoing struggle to name and act against abuse.

**Referral process:** Self-referral, phone intake

**Contact:** 416-863-0511 or 1-866-863-0511

[www.awhl.org/home](http://www.awhl.org/home)

##### **Catholic Family Services of Peel**

Counselling group or individual, families looking for support regarding family issues and conflicts.

**Referral process:** Self-referral, drop in

**Contact:** Brampton – 905-450-1608 ext 112

**Crisis Line:** 905-568-1068

[www.cfspd.com](http://www.cfspd.com)

##### **Catholic Family Services of Toronto**

Counselling, wellness groups, marriage preparation and counselling for victims of domestic violence. Weekly walk-in counselling clinics.

**Referral process:** Self-referral

**Contact:** 416-921-1163 (central)

416-222-0048 (north Toronto)

[www.cfstoronto.com](http://www.cfstoronto.com)

##### **Draw the Line**

Online resource to help navigate and find appropriate services for victims of sexual abuse/assault

<http://www.draw-the-line.ca/gethelp.html>

##### **Ernestine's Women's Shelter Etobicoke**

Shelter for women and their children

Referral process: Self-referral, telephone intake

**Contact:** 416-743-1733

**Crisis Line:** 416-746-3716

[www.ernestines.ca](http://www.ernestines.ca)

##### **Family Services of Peel**

Individuals, couples and families experiencing crisis and seeking support.

**Referral process:** Self-referral, telephone or

drop in Every Wednesday 12-8pm or

Every Saturday 9am-12pm (excluding holidays)

**Contact:** 905-453-5775

[www.fspeel.org](http://www.fspeel.org)

##### **Family Services of Toronto**

Counselling, community development, advocacy and public education programs.

**Referral process:** Self-referral, drop in

Wednesday 3:30-7:30pm or telephone

**Contact:** 416-595-9618

[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

##### **Interim Place**

Physically, verbally, emotionally, or sexually abused women requiring shelter.

**Referral process:** Self-referral, telephone intake

**Contact:** 905-403-0864

**Crisis line:** 905-676-8518 (inquiry)

[www.interimplace.com](http://www.interimplace.com)

##### **Peel Children's Center Sexual Abuse**

###### **Treatment program**

Consultations, assessments, treatments, and reviews for individuals under 18 years

**Referral process:** Self-referral

**Contact:** 905-795-3521

##### **Hope 24/7 Sexual Assault/ Rape Crisis (Peel)**

Clinical intervention, prevention and outreach services for individuals 12+

**Contact:** 905-792-0821

**Crisis line:** 1-800-810-0180 (Monday to Friday from 8am to 6pm)

[www.hope247](http://www.hope247)

*Important Note:* The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.