

SELF-HARM/SELF-INJURY

Self Abuse Finally Ends (SAFE)

1-800-366-8288 www.selfinjury.com

Support services for individuals who self-injure and services for their families and friends.

PREGNANCY AND BIRTH CONTROL, HIV/AIDS, STDs, STIs

Planned Parenthood Toronto

416-961-0113 www.ppt.on.ca

Information on sexual and reproductive health issues including birth control, pregnancy options, STDs, STIs and HIV/AIDS.

Hassle Free Clinic

416-922-0566 www.hasslefreeclinic.org

Confidential counselling and medical services including testing and treatment for birth control, STDs and STIs. Separate hours for men and women. Trans women, trans men, two-spirited people and people of trans experiences are welcome at both the women's and the men's clinic. OHIP not required.

Toronto Public Health

416-338-7600 www.toronto.ca/health

AIDS and Sexual Health InfoLine

416-392-2437 1-800-668-2437 (toll free)

LEGAL RESOURCES

Barbara Schlifer Clinic

416-323-9149 www.schliferclinic.com

Legal services for women who are survivors of violence and sexual abuse. Areas of law include criminal, family and immigration. Legal services also include summary legal advice, representation and third party advocacy.

Community and Legal Aid Services Program

416-736-5029 www.osgoode.yorku.ca/clasp

Provides legal services in the areas of community support, criminal justice and women's issues, immigration, and youth and education issues.

OTHER SERVICES

Credit Counselling Service of Toronto

416-228-3328 www.creditcanada.com 1-800-267-2272 (toll free)

Offers money management counselling for individuals.

The Federation of Metro Tenants' Associations

416-921-9494 www.torontotenants.org

Telephone information on tenants' legal rights.

RYERSON RESOURCES

Aboriginal Student Services

416-979-5000 ext. 7699 www.ryerson.ca/aboriginal

A culturally supportive environment where all First Nations, Aboriginal, Inuit, Metis, status and non-status students can balance academic learning with traditional teachings.

Security and Emergency Services

416-979-5040 www.ryerson.ca/security

Crime prevention, personal safety and physical security awareness/education provided. Twenty-four hour emergency response, including crisis intervention/emergency management and referral.

Centre for Student Development and Counselling

416-979-5195 www.ryerson.ca/counselling

Free and confidential personal, career and academic counselling along with crisis intervention services including Ryerson Safe House and Ryerson Crisis Team.

Discrimination and Harassment Prevention Services

416-979-5349 www.ryerson.ca/equity

Support for the Ryerson community, promoting a study, work, and living environment free of discrimination and harassment based on prohibited grounds (e.g. race, age, sex, sexual orientation, disability, religion etc.).

Medical Centre

416-979-5070 www.ryerson.ca/studentsservices/medicalcentre

Open year-round to treat illnesses or accidents not requiring hospitalization. If necessary, referrals to local hospitals or specialists can be arranged. Payment through OHIP or a similar out-of-province insurance plan is required.

International Services for Students

416-979-5000 ext. 4189 www.ryerson.ca/internationalservices

Orientation, information, workshops, advocacy and support provided for international students.

Ombudsperson Office

416-979-5000 ext. 7450 www.ryerson.ca/ombuds

A confidential information, advice and assistance resource for those who wish to address what they believe to be unfair treatment at the University.

Ryerson Safe House

416-979-5195 www.ryerson.ca/counselling/safehouse

Free short-term emergency accommodation, advocacy, and support for students who are financially in need and are at immediate risk of physical or sexual harm, or are fleeing unsafe or unendurable living conditions.

Ryerson Women's Centre

416-979-5255 ext. 2350 www.ryewomenscentre.ca

A safe and inclusive place for all self-identified women on campus. Provides educational pamphlets, referrals and resources on issues that include racism, sexism, homophobia, transphobia, eating disorders, housing, sexual assault, pro-choice resources, violent relationships, support programs, women's health and many more. Men are welcome to use the resources, but need to be let in.

Ryerson Students' Union Legal Advice and Referral Services

416-979-5255

Legal advice related to family and criminal law, debt, landlord and tenant conflicts, corporate law, real estate, intellectual property, legal procedures and documents, dealings with lawyers, immigration, and difficulties with government agencies.

416-979-5195

The Centre for Student
Development and Counselling
www.ryerson.ca/counselling/crisis

SafetyNets

Your confidential support network

Centre for Student Development & Counselling
DEPARTMENT OF STUDENT SERVICES
www.ryerson.ca/studentsservices

RYERSON
UNIVERSITY

Everyone Makes a Mark

Safety Nets

Your confidential support network

The following services are available for you to use – no matter what your issue, no matter how big or small.

Don't hesitate to call. We're here for you.

If you're concerned about confidentiality, use *67 (dial * then 67 before the number you are calling).

*67 blocks your name and number so that the person on the other end can't identify you as the caller.

EMOTIONAL CRISIS

Distress Centre of Toronto

416-408-HELP (4357) www.torontodistresscentre.com

Immediate emotional support, crisis intervention, suicide prevention and referrals by phone.

Distress Lines by Region

Toronto: 416-929-5200 www.gersteincentre.org

North York/Etobicoke: 416-498-0043

Durham: 905-666-0483

Peel: 905-278-9036

Twenty-four hour crisis intervention services including phone line and mobile unit. Staff provide short-term supportive counselling and referral.

St. Michael's Hospital Mobile Crisis Intervention Team

Emergencies: 911 Non-emergencies: 416-808-2222

Mobile crisis intervention team responds to 911 emergency and police dispatch calls involving emotionally disturbed individuals, from 1 p.m. to 11 p.m., seven days a week. (Bloor to the Lakeshore and Spadina to the Don Valley area)

North Halton Distress and Information Centre

905-877-1211

Crisis line providing intervention, information and referrals for issues related to isolation, suicide or distress.

Police/Ambulance Emergency

911

Guide to Community, Social, Health and Government Services

211 www.211toronto.ca

A list of all Toronto resources including housing, and daily vacancies in emergency shelters and hostels.

EMERGENCY SHELTER

Central Family Intake

416-397-5637

Phone line geared to help find emergency shelter (within the city limits) for families, refugees, and women and children of violence.

ABORIGINAL SERVICES

Anduhyaun

416-920-1492, ext. 221 www.anduhyaun.org

Crisis intervention for aboriginal men, women and children. Services include mobile crisis team and emergency shelter.

Anishnawbe Health Toronto

416-360-0486 www.aht.ca

Culture-based and traditional health care provided by traditional healers, elders and medicine people. Call 416-891-8606 for twenty-four hour access to mental health crisis management.

ASSAULT

Assaulted Women's Helpline

416-863-0511 www.awhl.org 1-866-863-0511 (toll free)

Twenty-four hour telephone service providing crisis counselling, emotional support, legal services and other community resources.

Toronto Rape Crisis Centre/Multicultural Women Against Rape

416-597-8808 www.trccmwar.ca

Twenty-four hour crisis intervention line, counselling and referral for survivors of rape/sexual assault.

The Scarborough Hospital (Grace Campus): Domestic Violence and Sexual Assault Care Centre

416-495-2555 www.sacc.to

Twenty-four hour assessment and treatment for sexually assaulted males and females, through emergency department. Domestic violence program offers immediate and follow-up care.

Springtide Resources: Ending Violence Against Women

416-968-3422 www.springtideresources.com

Engages with diverse communities to prevent violence against women and the effect it has on children.

Sexual Assault/Rape Crisis Centre of Peel

905-273-9442 www.sarccp.org

Twenty-four hour crisis and support line, information, referrals, one-on-one counselling and group support. Accompaniment to hospital, court or police.

Women's Support Network of York Region

905-895-7313 www.womenssupportnetwork.ca

Offers a twenty-four hour support line, information, individual counselling for sexual assault victims, as well as community outreach and cross-cultural programs.

Children's Aid Society of Toronto

416-924-4646 www.torontocas.ca

Protecting children and youth from abuse and neglect.

GAY, LESBIAN, BISEXUAL

Lesbian Gay Bi Trans Youthline

416-962-9688 www.youthline.ca 1-800-268-9688 (toll free)

Peer support for lesbian, gay, bisexual, transgendered, two-spirited, and questioning youth.

Sherbourne Health Centre

416-324-4180 www.sherbourne.on.ca

Provides comprehensive health care for lesbian, gay, bisexual, transgender, transsexual, two-spirited, intersex, queer or questioning individuals.

gaycanada.com

Database of services across Canada.

ADDICTION, DRUGS, NEEDLES

Jean Tweed Centre

416-255-7359 www.jeantweed.com

Assisting women and their families who are dealing with substance abuse and gambling problems.

Centre for Addiction and Mental Health

www.camh.net

- **Metro Addiction Assessment Referral Service (MAARS)**

416-599-1448

Provides assessment, treatment service matching and referrals for individuals.

- **Brief Treatment Service**

416-535-8501 ext. 6616

Brief intervention to help people abstain from or moderately use substances at a non-harmful level. Group or individual settings.

- **Youth Addiction and Youth Outreach Services**

416-535-8501 ext. 1730

Assessment and counselling for people 16 to 24 who have substance abuse problems.

The Works – Needle Exchange Program

416-392-0520

Program partners with other agencies across Toronto to provide needle exchange services.

EATING DISORDERS

National Eating Disorder Information Centre

416-340-4156 www.nedic.ca 1-866-633-4220 (toll free)

Telephone information and support for eating disorders and weight preoccupation. Referrals to treatment services and resources.

Sheena's Place

416-927-8900 www.sheenasplace.org

Community support centre, telephone and peer support, and resource library for people with eating disorders and/or issues with food and body shape or size.