



## A Place to Turn

Free and confidential emotional support and assistance

## WHAT IS THE RYERSON SAFE HOUSE?

The Ryerson Safe House (RSH) provides free and confidential emotional support and assistance with respect to security, academic, financial and short-term housing concerns to Ryerson students who:

- are at immediate risk of physical, sexual or emotional abuse
- are fleeing unsafe or intolerable living conditions, or
- have been made suddenly homeless as a result of compelling or extreme circumstances.

The Safe House team offers support from a broad range of campus services and helps to ensure that students who otherwise might have to abandon their studies have an opportunity to continue their education. All this is possible because of the generosity of groups and individuals in the University who have donated to the project through the Ryerson Ontario Student Opportunity Trust Fund, the United Way campaign, and/or special programs and initiatives.

For more information drop by the  
**Ryerson Centre for Student Development  
and Counselling**

JOR 07C (lower ground level Jorgenson Hall) or  
contact us at **416-979-5195**.

Additional information about our Centre can be  
found at **[www.ryerson.ca/counselling](http://www.ryerson.ca/counselling)**.



Ryerson  
Safe House

## SOURCES OF HELP

### ON CAMPUS

Centre for Student Development and Counseling Jorgenson Hall, 07C	416-979-5195
RSU Legal Advice and Referral Service Student Campus Centre, 311	416-979-5255 x2355
Discrimination and Harassment Prevention Services Podium, 254A	416-979-5349
Security and Emergency Services 111 Bond Street	416-979-5040
Financial Aid & Awards Office Podium 59	416-979-5113
The Community Food Room 55 Gould Street, SCC 212	416-979-5255 x2334
Women's Centre 55 Gould Street, SCC 210	416-979-5255 x2350
Health Services West Kerr Hall, KHW 181	416-979-5070
Aboriginal Student Services KHW 389	416-979-5000 x7699
International Services for Students POD 61	416-979-5000 x6655
Student Housing Service PIT 100	416-979-5000 x5284
Access Centre for Students with Disabilities	416-979-5290

### IN THE COMMUNITY

#### ASSAULT

Assaulted Women's Helpline	416-863-0511 TTY: 416-364-8762
Barbara Schlifer Clinic (legal and counselling support for abused women)	416-323-9149
Toronto Rape Crisis Centre: Multicultural Women Against Rape	416-597-8808 TTY: 416-597-1214
Women's College Hospital Sexual Assault and Domestic Violence Care Centre	416-323-6040
Lesbian Gay Bashing Report Line	416-392-6877 x337
Victim Support Line	416-314-2447

#### SHELTER AND FOOD

Central Family Intake (emergency shelter service)	416-397-5637
Street Helpline (will advise which shelters have space)	416-392-3777 Toll Free: 866-392-3777
Food Link Hotline (info about free/inexpensive meals)	416-392-6655

#### LEGAL AND CREDIT COUNSELLING

Community and Legal Aid Services Program	416-736-5029
Credit Counselling Service of Metropolitan Toronto	416-228-3328

#### OTHER SOURCES OF HELP

Distress Centre Incorporated	416-408-HELP (4357)
Findhelp Information Services	416-397-4636 TTY: 888-340-1001
On-line Search for Services	<a href="http://www.findhelp.ca">www.findhelp.ca</a>

**Emergencies** – Dial '80' from any on campus free phone or internal phone. Press the red button on any campus Bell payphone or emergency blue phone. **Free of charge.**

## Accessing Safe House Support

Make an appointment to speak with a counsellor in the Centre for Student Development and Counselling indicating that you are seeking Safe House support. If it is determined that the Safe House would be an appropriate resource, your counsellor will provide assistance in dealing with the immediate crisis and in planning for the longer term. Depending on your individual needs and circumstances, sessions may focus on safety concerns, accessing emergency accommodation, academic matters, financial issues, and/or referral to relevant community resources. Other members of the Safe House team will be available for assistance on an as-needed basis.

## Ryerson Safe House Goals

- Provide safety, education and advocacy and thus help at-risk Ryerson students to proceed with their studies while undergoing a difficult period of transition.
- Promote quality care to clients through the utilization of a coordinated team model as well as through referral to other relevant services both on and off campus.
- Create a greater awareness of and sensitivity to the needs of students requiring Safe House support within the Ryerson community.
- Offer a welcoming and respectful service which is confidential within legal guidelines.
- Provide equal treatment without discrimination on the basis of race, ethnic origin, family status, citizenship, colour, disability, sexual orientation, place of origin, marital (partnered) status, ancestry, sex, creed, or age.

## Abuse Comes in Many Forms

Abuse is not only physical violence. In fact, any behaviour which threatens, coerces, and/or oppresses another human being constitutes abuse.

**EMOTIONAL ABUSE** consists of words or actions that control, shame, humiliate and/or erode self-esteem. Threats, insults, intimidation, devaluation, extreme possessiveness, withdrawing love/sex/approval as “punishment” and withholding the basic necessities of life are all examples of emotional abuse.

**HARASSMENT** is normally considered to be a course of unwanted remarks, behaviour or communication, in any form, which is based on a prohibited ground of discrimination, and where the person responsible ought reasonably to know that their remarks, behaviours or communications are unwelcome.

**PHYSICAL ABUSE** includes actions such as punching, hitting, slapping, kicking, choking and pushing.

**SEXUAL ASSAULT** involves all non-consensual sexual acts including kissing and fondling. Consent obtained through pressure, coercion, force, or threats of force is not voluntary consent.

**STALKING** is a pattern of unwanted actions or contacts that makes the person being targeted feel afraid for their safety and controlled. It includes threatening and/or repeatedly watching, following, telephoning, messaging, or sending unwelcome gifts; stealing mail; showing up uninvited; destruction of property; and threatening to harm a person’s family, friends or pets.