

## Accessing Safe House Support

Contact the Centre for Student Development and Counselling indicating that you are seeking Safe House support. You will be given the earliest possible appointment to meet with a counsellor the focus of which will be to gather information about your situation. 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

- To provide safety, education and advocacy and thus help at-risk Ryerson students to proceed with their studies while undergoing a difficult period of transition.
- To 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.
- To create within the Ryerson community a greater awareness of and sensitivity to the needs of students requiring Safe House support.
- To offer a welcoming and respectful service which is confidential within legal guidelines.
- To provide equal treatment without discrimination on the basis of race, ethnic origin, family status, citizenship, colour, disability, sexual orientation, gender identity, 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 is active, ongoing and given voluntarily. It is not obtained through pressure, coercion, force, or threats of force. Only “yes” means “yes”.

**Stalking And Cyberstalking** are patterns of unwanted actions or contacts that makes the person being targeted feel frightened, controlled or intimidated. It may include being threatened and/or repeatedly watched, followed, telephoned, messaged, or sent unwelcome gifts; reputation-bashing; electronic monitoring; stealing mail; showing up uninvited; destruction of property; and threatening to harm the person’s family, friends or pets.

Ryerson  
Safe  
House

A place to turn

Free and  
confidential  
emotional  
support and  
assistance.

Ryerson  
University

Centre for Student  
Development & Counselling  
Student Health & Wellness

## 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 diverse 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 [ryerson.ca/counselling](http://ryerson.ca/counselling)

## Other sources of help on campus

Aboriginal Student Services	KHW 389	416-979-5000 x7699
Centre for Student Development and Counselling	Jorgenson Hall, 07C	416-979-5195
Centre for Women and Trans People	Student Campus Centre, 210	416-979-5255 x2350
Community Food Room	Student Campus Centre, 212	416-979-5255 x2334
Human Rights Services	Podium, 254A	416-979-5173
International Student Support	POD 61	416-979-5000 x6655
Medical Clinic	KHW 181	416-979-5070
Off Campus Housing	PIT 100	416-979-5000 x5043
Office of Sexual Violence Support and Education	KHW 279	416-979-5000 x3596
RSU Legal Advice and Referral Service	Student Campus Centre, 311	416-979-5255 x2355
Security and Emergency Services	111 Bond Street	416-979-5040
<b>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.</b>		
Student Financial Assistance	Service Hub	416-979-5036

## Other sources of help in the community

### Assault

Assaulted Women's Helpline	416-863-0511 TTY 416-364-876
Barbara Schlifer Commemorative Clinic (legal and counselling support for abused women)	416-323-9149
Free Legal Advice for Survivors of Sexual Assault	<a href="#">Website</a>
Lesbian Gay Bashing Report Line	416-392-6877
Toronto Rape Crisis Centre: Multicultural Women against Rape	416-597-8808 TTY416-597-1214
Victim Services Toronto 24 hr. crisis intervention	416-808-7066
Victim Support Line	416-314-2447
Women's College Hospital Sexual Assault and Domestic Violence Care Centre	416-323-6040

### Shelter and food

Central Intake (emergency shelter service)	416-338-4766 Toll Free 1-877--338-3398
Foodlink Hotline (info about free/ inexpensive meals)	416-392-6655
Street Helpline (will advise which shelters have space)	416-392-3777 Toll Free 1-866-392-3777

### 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 TTY888-340-1001
Good2Talk	1-866-925-5454
On-line Search for Services	<a href="http://www.findhelp.ca">www.findhelp.ca</a>