

Sexual Assault & Violence Resources

24 Hour Services

SASC Sexual Assault Support Centre of Ottawa	Phone: 613-234-2266 Email: info@sascottawa.com Website: sascottawa.com
Assaulted Women's Help Line	Phone: 1-866-863-0511 TTY: 1-866-863-7868 On Bell, Rogers, Fido or Telus: #SAFE (#7233) Website: awhl.org
Carleton University Sexual Assault Peer Support Line	Phone: 613-620-1030 Website: Carleton-sasc.ca
Distress Centre	Phone: 613-238-3311 Website: dcottawa.on.ca
Kids Help Phone	Phone: 1-800-668-6868 Website: Kidshelpphone.ca
Royal Ottawa Hospital Mental Health Crisis Line	Phone: 613-722-6914 1-866-996-0991

Royal Ottawa Hospital Mental Health Mobile Crisis Team	Phone: 613-560-0622
ORCC The Ottawa Rape Crisis Centre	Phone: 613-572-2333 Email: orcc@magma.ca Website: Orcc.net
SASK Sexual Assault Centre Kingston	Phone: 1-877-544-6424 Email: sask@saskington.com
SASS Sexual Assault Support Services for Women of Stormont, Dundas, Glengarry & Akwasasne	Phone: 1-866-863-0511 Website: Sassforwomen.ca
Youth Services Bureau (12-20yrs)	Phone: 613-260-2360 Website: Ysb.on.ca