

Online Resources

Organization	Website
Ontario Coalition of Rape Crisis Centres	sexualassaultsupport.ca/get-help/
Draw the Line	https://draw-the-line.ca/
Scarleteen (Sex Ed for the Real World)	http://www.scarleteen.com/
Love is Respect	www.loveisrespect.org
Project Shift (Creating a Safer Digital World for Young Women)	www.projectshift.ca

Community Resource List

ANOVA (sexual assault centre and women's shelter)	519-642-3003 1-800-265-1576 (24 hour)	9:00am – 5:00pm (Monday - Friday) 24 hour crisis services www.anovafuture.org
Sexual Assault Treatment Centre (St Joseph's Health Care)	519-646-6100 EXT: 64224	8:00am – 6:00pm (Monday – Friday) 8:00am – 4:00pm (Weekends) After hours, call main number and press “0” and ask for sexual assault nurse 24-hour service available through hospital emergency room
London-Middlesex Health Unit – Sexual Health	519-633-5317	8:30am-4:30pm (Monday – Friday) https://www.healthunit.com/sexual-health
London Abused Women's Centre	519-432-2204	8:00am – 5:30pm (Monday – Thursday) 9:00am – 5:00pm (Friday) 9:00am – 1:00pm (Saturday) https://www.lawc.on.ca/
Canadian Mental Health Association – Middlesex	519-433-2023 (Crisis Line) 519-601-8055 (Support Line)	8:30am – 4:30pm (Monday – Friday) https://cmhamiddlesex.ca/
Thames Valley Family Services	519-433-0183	9:00am – 8:00pm (Monday, Wednesday, Thursday) 9:00am – 5:00pm (Tuesday) 9:00am – 4:00pm (Friday) https://www.fstv.ca/
Reach Out 24/7 Crisis Services	519-433-2023 1-866-933-2023	Available 24 hours https://reachout247.ca/
Mental Health Care Program (Children's Hospital)	519-667-6607 (Outpatient)	In-patient and out-patient hospital services https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program