



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Hotlines & Helplines

### US National

The National Domestic Violence Hotline

[1-800-799-7233](tel:1-800-799-7233) (SAFE)

[www.ndvh.org](http://www.ndvh.org)

National Dating Abuse Helpline

[1-866-331-9474](tel:1-866-331-9474)

[www.loveisrespect.org](http://www.loveisrespect.org)

Americans Overseas Domestic Violence Crisis Center

International Toll-Free (24/7)

1-866-USWOMEN (879-6636)

[www.866uswomen.org](http://www.866uswomen.org)

National Child Abuse Hotline/Childhelp

1-800-4-A-CHILD ([1-800-422-4453](tel:1-800-422-4453))

[www.childhelp.org](http://www.childhelp.org)

National Sexual Assault Hotline

[1-800-656-4673](tel:1-800-656-4673) (HOPE)

[www.rainn.org](http://www.rainn.org)

National Suicide Prevention Lifeline

[1-800-273-8255](tel:1-800-273-8255) (TALK)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Center for Victims of Crime

[1-202-467-8700](tel:1-202-467-8700)

[www.victimsofcrime.org](http://www.victimsofcrime.org)

National Human Trafficking Resource Center/Polaris Project

Call: [1-888-373-7888](tel:1-888-373-7888) | Text: HELP to BeFree (233733)

[www.polarisproject.org](http://www.polarisproject.org)

National Network for Immigrant and Refugee Rights

[1-510-465-1984](tel:1-510-465-1984)

[www.nnirr.org](http://www.nnirr.org)

National Coalition for the Homeless

[1-202-737-6444](tel:1-202-737-6444)

[www.nationalhomeless.org](http://www.nationalhomeless.org)

National Resource Center on Domestic Violence

[1-800-537-2238](tel:1-800-537-2238)

[www.nrcdv.org](http://www.nrcdv.org) and [www.vawnet.org](http://www.vawnet.org)

Futures Without Violence: The National Health Resource Center on Domestic Violence

[1-888-792-2873](tel:1-888-792-2873)

[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

National Center on Domestic Violence, Trauma & Mental Health

[1-312-726-7020](tel:1-312-726-7020) ext. 2011

[www.nationalcenterdvtraumamh.org](http://www.nationalcenterdvtraumamh.org)

## **CHILDREN**

Childhelp USA/National Child Abuse Hotline

[1-800-422-4453](tel:1-800-422-4453)

[www.childhelpusa.org](http://www.childhelpusa.org)

Children's Defense Fund

[202-628-8787](tel:202-628-8787)

[www.childrensdefense.org](http://www.childrensdefense.org)

Child Welfare League of America

[202-638-2952](tel:202-638-2952)

[www.cwla.org](http://www.cwla.org)

National Council on Juvenile and Family Court Judges

Child Protection and Custody/Resource Center on Domestic Violence

[1-800-527-3233](tel:1-800-527-3233)

[www.ncjfcj.org](http://www.ncjfcj.org)

Center for Judicial Excellence

[info@centerforjudicialexcellence.org](mailto:info@centerforjudicialexcellence.org)

[www.centerforjudicialexcellence.org](http://www.centerforjudicialexcellence.org)

## **TEENS**

Love is respect

Hotline: [1-866-331-9474](tel:1-866-331-9474)

[www.loveisrespect.org](http://www.loveisrespect.org)

Break the Cycle

[202-824-0707](tel:202-824-0707)

[www.breakthecycle.org](http://www.breakthecycle.org)

[College Campus Safety Guide](#)

## **DIFFERENTLY ABLED**

Domestic Violence Initiative

[\(303\) 839-5510](tel:303-839-5510) / (877) 839-5510

[www.dviforwomen.org](http://www.dviforwomen.org)

Deaf Abused Women's Network (DAWN)

Email: [Hotline@deafdawn.org](mailto:Hotline@deafdawn.org)

VP: [202-559-5366](tel:202-559-5366)

[www.deafdawn.org](http://www.deafdawn.org)

## **WOMEN OF COLOR**

Women of Color Network

[1-800-537-2238](tel:1-800-537-2238)

[www.wocninc.org](http://www.wocninc.org)

INCITE! Women of Color Against Violence

[incite.natl@gmail.com](mailto:incite.natl@gmail.com)

[www.incite-national.org](http://www.incite-national.org)

## **LATINA/LATINO**

Alianza

[1-505-753-3334](tel:1-505-753-3334)

[www.dvalianza.org](http://www.dvalianza.org)

Casa de Esperanza

Linea de crisis 24-horas/24-hour crisis line

[1-651-772-1611](tel:1-651-772-1611)

[www.casadeesperanza.org](http://www.casadeesperanza.org)

National Latin@ Network for Healthy Families and Communities

[1-651-646-5553](tel:1-651-646-5553)

[www.nationallatinonetwork.org](http://www.nationallatinonetwork.org)

## **IMMIGRANT**

The National Immigrant Women's Advocacy Project

[\(202\) 274-4457](tel:202-274-4457)

<http://www.niwap.org/>

## **INDIGENOUS WOMEN**

National Indigenous Women's Resource Center

[855-649-7299](tel:855-649-7299)

[www.niwrc.org](http://www.niwrc.org)

Indigenous Women's Network

[1-512-258-3880](tel:1-512-258-3880)

[www.indigenouswomen.org](http://www.indigenouswomen.org)

## **ASIAN/PACIFIC ISLANDER**

Asian and Pacific Islander Institute on Domestic Violence

[1-415-954-9988](tel:1-415-954-9988)

[www.apiidv.org](http://www.apiidv.org)

Committee Against Anti-Asian Violence (CAAAV)

[1-212-473-6485](tel:1-212-473-6485)

[www.caaav.org](http://www.caaav.org)

Manavi

[1-732-435-1414](tel:1-732-435-1414)

[www.manavi.org](http://www.manavi.org)

## **AFRICAN-AMERICAN**

Institute on Domestic Violence in the African American Community

[1-877-643-8222](tel:1-877-643-8222)

[www.dvinstitute.org](http://www.dvinstitute.org)

The Black Church and Domestic Violence Institute

[1-770-909-0715](tel:1-770-909-0715)

[www.bcdvi.org](http://www.bcdvi.org)

## **LESBIAN, BI-SEXUAL, GAY, TRANSGENDER, GENDER NON-CONFORMING**

The Audre Lorde Project

1-178-596-0342

[www.alp.org](http://www.alp.org)

LAMBDA GLBT Community Services

[1-206-350-4283](tel:1-206-350-4283)

<http://www.qrd.org/qrd/www/orgs/avproject/main.htm>

National Coalition of Anti-Violence Programs

[1-212-714-1184](tel:1-212-714-1184)

[www.ncavp.org](http://www.ncavp.org)

National Gay and Lesbian Task Force

[1-202-393-5177](tel:1-202-393-5177)

[www.ngltf.org](http://www.ngltf.org)

Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse

[1-206-568-7777](tel:1-206-568-7777)

[www.nwnetwork.org](http://www.nwnetwork.org)

## **ABUSE IN LATER LIFE**

National Clearinghouse on Abuse in Later Life

[1-608-255-0539](tel:1-608-255-0539)

[www.ncall.us](http://www.ncall.us)

National Center for Elder Abuse

[1-855-500-3537](tel:1-855-500-3537)

[www.aginginplace.org](http://www.aginginplace.org)

## **MEN**

National Organization for Men Against Sexism (NOMAS)

[1-720-466-3882](tel:1-720-466-3882)

[www.nomas.org](http://www.nomas.org)

A Call to Men

[1-917-922-6738](tel:1-917-922-6738)

[www.acalltomen.org](http://www.acalltomen.org)

Men Can Stop Rape

[1-202-265-6530](tel:1-202-265-6530)

[www.mencanstoprape.org](http://www.mencanstoprape.org)

Men Stopping Violence

[1-866-717-9317](tel:1-866-717-9317)

[www.menstoppingviolence.org](http://www.menstoppingviolence.org)

## **LEGAL**

American Bar Association Commission on Domestic Violence

[1-202-662-1000](tel:1-202-662-1000)

[www.abanet.org/domviol](http://www.abanet.org/domviol)

Battered Women's Justice Project

[1-800-903-0111](tel:1-800-903-0111)

[www.bwjp.org](http://www.bwjp.org)

Legal Momentum

[1-212-925-6635](tel:1-212-925-6635)

[www.legalmomentum.org](http://www.legalmomentum.org)

Womenslaw.org

[www.womenslaw.org](http://www.womenslaw.org)

National Clearinghouse for the Defense of Battered Women

[1-800-903-0111 x 3](tel:1-800-903-0111)

[www.ncdbw.org](http://www.ncdbw.org)

## **A**

### [Alabama Coalition Against Domestic Violence](#)

P.O. Box 4762

Montgomery, AL 36101

Phone: 1-800-650-6522 (in state)

Fax: 334-832-4803

TTY: 1-800-787-3224

Another State: 1-800-799-SAFE (7233)

Email: [info@acadv.org](mailto:info@acadv.org)

*Crisis help lines are open 24 hours*

### [Alaska Network on Domestic Violence and Sexual Assault](#)

130 Seward Street, Room 214

Juneau, AK 99801

Phone: 907-586-3650

FAX: 907-463-4493

Hotline: 1-800-799-SAFE (7233)

[lbrowne@andvsa.org](mailto:lbrowne@andvsa.org)

Al-Ateen: 800-352-9996

Alcohol Hotline Support & Information: 800-331-2900

### [Alternative Horizons](#)

P.O. Box 503

Durango, CO 81302

Phone: 970-247-9619 ( 24-hour hotline)

E-mail: [ah@frontier.net](mailto:ah@frontier.net)

### **Arizona Coalition Against Domestic Violence**

301 E. Bethany Home Rd.

Suite C194

Phoenix, AZ 85012

Phone: 602-279-2900

FAX: 602-279-2980

TTY: 602-279-7270



Toll-Free: 1-800-782-6400  
E-mail: [acadv@azcadv.org](mailto:acadv@azcadv.org)  
Hours: 8:30am-5:00pm Monday – Friday

**Arkansas Coalition Against Domestic Violence**

1401 West Capitol Ave, Suite 170  
Little Rock AR 72201  
Phone: (501) 907-5612  
FAX: (501)907-5618  
Toll Free: (800)269-4668

**B**

[Battered Women's Justice Project](#)

Minnesota Program Development, Inc  
1801 Nicollet Ave, Suite 102  
Minneapolis, MN 55403  
Phone: 800-903-0111, ext.1  
Phone: 612-824-8768  
Fax: 612-824-8965

[Battered Women's Justice Project](#)

c/o National Clearinghouse for the Defense of Battered Women  
125 South 9th Street, Suite 302  
Philadelphia, PA 19107  
TOLL-FREE: 800-903-0111 ext. 3  
Phone: 215-351-0010  
FAX: 215-351-0779

National Clearinghouse is a national resource and advocacy center providing assistance to women defendants, their defense attorneys, and other members of their defense teams in an effort to insure justice for battered women charged with crimes.

[National Clearinghouse on Marital and Date Rape](#)

2325 Oak Street  
Berkeley, CA 94708  
Phone: 510-524-1582

[Bay County Women's Center](#)

P.O. Box 1458  
3411 E. Midland Rd.  
Bay City, MI 48706  
TOLL-FREE: 800-834-2098

Phone: 517-686-4551

FAX: 517-686-0906

Between Friends

(Formerly The Friends of Battered Women and Their Children)

P. O. Box 608548

Chicago, IL 60660

Phone: 773-274-5232

FAX: 773-262-2543

HOTLINE: 1-800-603-HELP

E-mail: [info@afriendsplace.org](mailto:info@afriendsplace.org)

## C

CHILD ABUSE

1-800-4-A-CHILD (1-800-422-4453)

TDD: 1-800-2A-CHILD

<http://www.childhelpusa.org>

Child Abuse Hotline/Dept of Social Services 1-800-342-3720

### **CHILDHELP NATIONAL CHILD ABUSE HOTLINE**

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. The hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. Calls come from children at risk for abuse, distressed parents seeking crisis intervention and concerned individuals who suspect that child abuse may be occurring. The hotline is also a valuable resource for those who are mandated by law to report suspected abuse, such as school personnel, medical and mental health professionals and police and fire investigators.

1-800-4-A-CHILD (1-800-422-4453)

<http://www.childhelpusa.org>

Child Abuse Hotline/Dept of Social Services

1-800-342-3720

**Children of the Night:** 800-551-1300 This is a 24/7 crisis line for children 11-17 years of age who have been sexually abused or involved in prostitution

[www.childrenofthenight.org](http://www.childrenofthenight.org)

### [Coalition to End Family Violence](#)

1030 N. Ventura Rd

Oxnard, CA 93030

Phone: 805-983-6014

FAX: 805-983-6240

24-Hour Hotline: 805-656-1111

Spanish Hotline: 800-300-2181  
TDD: 805-656-4439

[Colorado Coalition Against Domestic Violence](#)

1120 Lincoln Street, Suite 900  
Denver, CO 80203  
TOLL-FREE: 888-778-7091  
Phone: 303-831-9632  
FAX: 303-832-7067  
E-mail: [ccadv@ccadv.org](mailto:ccadv@ccadv.org)

Counselling & Support Services  
1860 Brunswick Ave.  
Lawrenceville, NJ 086448  
Phone: 609-394-2532

Crisis Line  
P.O. Box 6644  
Great Falls, MT 59406  
Phone: 406-453-HELP  
TOLL-FREE: 1-888-587-0199

**Cyberstalking & internet safety**

- [Who@](#) - A volunteer organization working to halt online abuse
- [GetNetWise](#) — Kid-related online safety
- [i-SAFE](#) – E-safety education solutions
- [360 Total Security — Internet Safety and Security for Kids](#)

**D**

Delaware Coalition Against Domestic Violence  
100 W. 10th Street Suite 703  
Wilmington, DE 19801  
Phone: 302-658-2958  
FAX: 302-658-5049  
Hotline: 1-800-799-7233  
E-mail: [dcadv@dcadv.org](mailto:dcadv@dcadv.org)

[D.C. Coalition Against Domestic Violence](#)

5 Thomas Circle, NW  
Washington, DC 11005  
Phone: 202-299-1181 FAX: 202-299-1193  
E-mail: [info@dccadv.org](mailto:info@dccadv.org)  
Hours: 8:30am-5:00pm Monday – Friday

**Disaster Distress Helpline** [24/7 hotline]

1-800-985-5990

**Domestic violence hotline - 1-800-799-SAFE (7233)**

Spousal Rape & Partner Rape Help

[Domestic Violence Advisory Council](#)

205 North 400 West  
Salt Lake City, UT 84103  
Phone: 801-521-5544  
FAX: 801-521-5548

Domestic Violence Hotlines - All language : 1-800-942-6908 24-hour, toll-free,  
Spanish/ call 24-hr bilingual domestic violence helpline: [651.772.1611](tel:651.772.1611)  
Hispanic: Mujeres Latinas 24 hour crisis hotline at (312) 738-5358.

Asian Americans: [Contact our 24-hour crisis hotline \(408\) 975-2739.](tel:(408)975-2739)

[Domestic Violence Shelter Tour](#)

2 Lafayette Street 3rd Floor  
New York, NY 10007  
Phone: 212-577-7700  
Fax: 212-385-0331  
24-hour hotline: 800-621-HOPE (4673)

**E**

Elder Abuse Senior Citizens Hotline:

1-800-252-8966

Senior Citizens: Protective Services for the Elderly at 1-888-385-4225

**F**

[Faith Trust Institute](#)

(Formerly Center for the Prevention of Sexual and Domestic Violence)

2400 N. 45th Street #10

Seattle , WA 98103

Phone: 206-634-1903, ext. 10

Fax: 206-634-0115

Email: [info@faithtrustinstitute.org](mailto:info@faithtrustinstitute.org)

[Families In Crisis, Inc.](#)

P.O. Box 25  
Killeen, Texas 76540  
Phone: 254-773-7765  
Fax: 254-526-6111  
HOTLINE: 888-799-SAFE

Family Violence Helpline: 1-800-996-6228

[Family Violence Prevention Fund](#)

383 Rhode Island Street, Suite 304  
San Francisco, CA 94103-5133  
Phone: 415-252-8900  
TTY: 800-595-4889  
FAX: 415-252-8991  
E-mail: [info@endabuse.org](mailto:info@endabuse.org)

Washington, DC Office  
1101 14th Street, NW #300  
Washington DC 11005  
Phone: 202-682-1212  
Fax: 202-682-4662

Boston Office  
67 Newbury Street, Mezzanine Level  
Boston, MA 02116  
Phone: 617-262-5900  
Fax: 617-262-5901

Florida Coalition Against Domestic Violence  
425 Office Plaza Dr.  
Tallahassee, FL 32301  
TOLL-FREE: 800-500-1119  
Phone: 850-425-2749  
FAX: 850-425-3091  
FL Domestic Violence Hotline: 1-800-500-1119  
FL Domestic Violence Hotline TTY: 1-800-621-4202

**G**

Gay & Lesbian National Hotline  
1-888-THE-GLNH (1-888-843-4564)  
Pride Center of WNY: (716) 852-7433 [9am-5pm only]

Georgia Advocates for Battered Women and Children  
250 Georgia Avenue, S.E., Suite 308  
Atlanta, GA 30312  
TOLL-FREE: 800-334-2836

Phone: 404-524-3847

FAX: 404-524-5959

Grief Recovery Helpline: 800-445-4808

## H

Hawaii State Coalition Against Domestic Violence

716 Umi St., Unit 210

Honolulu, HI 96819

Phone: 808-832-9316

Fax: 808-841-6028

Email: [hscadv@pixi.com](mailto:hscadv@pixi.com)

24 Hr Hawaii Shelters by Island:

- Hilo: 959-8864
- Kauai: 245-8404
- Kona: 322-SAFE (7233)
- Maui/Lanai: 579-9581
- Molokai: 567-6888
- Oahu: 841-0822

### [Health Resource Center on Domestic Violence](#)

Family Violence Prevention Fund

383 Rhode Island Street, Suite 304

San Francisco, CA 94103-5133

Phone: 800-313-1310

FAX: 415-252-8991

Hopeline

1-800-784-2433

## I

Idaho Coalition Against Sexual and Domestic Violence

300 E. Mallard Dr., Suite 130

Boise, ID 83706

TOLL-FREE: 888-293-6118

Phone: 208-384-0419

FAX: 208-331-0687

E-mail: [jmatshushita@idvsa.org](mailto:jmatshushita@idvsa.org)

**Identity theft resource center**

1-888-400-5530

**Illinois Coalition Against Domestic Violence**

801 South 11th Street

Springfield, Illinois 62703

Phone: 217-789-2830

FAX: 217-789-1939

TTY: 217-241-0376

E-mail: [ilcadv@springnet1.com](mailto:ilcadv@springnet1.com)

**Iowa Coalition Against Domestic Violence**

515 28th St

Suite 104

Des Moines, IA 50312

TOLL-FREE: 800-942-0333

Phone: 515-244-8028

FAX: 515-244-7417

E-mail: [admin@icadv.org](mailto:admin@icadv.org)

**[Indiana Coalition Against Domestic Violence](#)**

1915 W. 18th Street, Suite B

Indianapolis, IN 46202

TOLL-FREE: 800-538-3393

Phone: 317-917-3685

Fax 317-917-3695

Crisis Line: 1-800-332-7385

**J**

**Jane Doe Inc./Massachusetts Coalition Against Sexual Assault and Domestic Violence**

14 Beacon Street, Suite 507

Boston, MA 02108

Phone: 617-248-0922

Crisis / Information: 989-686-4551

FAX: 617-248-0902

TTY/TDD: 617-263-2110

Email: [info@janedoe.org](mailto:info@janedoe.org)

**K**

**Kansas Coalition Against Sexual and Domestic Violence**

634 SW Harrison

Topeka, KS 66603

TOLL-FREE: 888-END-ABUSE (Kansas state-wide hotline)

Phone: 785-232-9784  
FAX: 785-266-1874

Kentucky Domestic Violence Association  
P.O. Box 356  
Frankfort, KY 40602  
Phone: 502-209-5382  
FAX: 502-226-5382  
E-mail: info@kdva.org

## **L**

Lifeline Crisis Chat (Online live messaging): <http://www.crisischat.org/>  
Crisis Text Line: Text "START" TO 741-741

### [Life Span](#)

P.O. Box 1515  
Des Plaines IL 60017  
24-Hour Crisis Line: 847-824-4454  
Phone: 847-824-0382  
Fax: 847-824-5311  
E-mail: [life-span@life-span.org](mailto:life-span@life-span.org)  
[Special site on Police Domestic Violence](#)

Louisiana Coalition Against Domestic Violence  
P.O. Box 77308  
Baton Rouge, LA 70879-7308  
Phone: 225-752-1296  
FAX: 225-751-8927  
HOTLINE: 1-888-411-1333

## **M**

### [Maine Coalition to End Domestic Violence](#)

170 Park St.  
Bangor, ME 04401  
Phone: 207-941-1194  
FAX: 207-941-2327



HOTLINE: 866-83-4HELP

Email: [info@mcedv.org](mailto:info@mcedv.org)

Manitowoc County Domestic Violence Center

1127 S. 22nd. St,

Manitowoc, WI 54220

Phone: 920-684-5770

HOTLINE: 877-275-6888

Fax: 920-684-6344

E-mail: [dvc@sbcglobal.net](mailto:dvc@sbcglobal.net)

Maryland Network Against Domestic Violence

6911 Laurel Bowie Road, Suite 309

Bowie, MD 20715

TOLL-FREE: 800-MD-HELPS

Phone: 301-352-4574

FAX: 301-809-0422

Email: [info@mnadv.org](mailto:info@mnadv.org)

**Men's Domestic Abuse Helpline –**

1-888-HELPLINE (1-888-743-5754)

Michigan 24-Hour Crisis Line: 517-265-6776

[Minnesota Coalition for Battered Women](#)

590 Park Street North, Suite 410

St. Paul, MN 55103

TOLL-FREE: 800-289-6177

Phone: 651-646-6177

FAX: 651-646-1527

E-mail: [mcbw@pclink.com](mailto:mcbw@pclink.com)

Missing Children Network: 800-235-3535

Mississippi State Coalition Against Domestic Violence

P.O. Box 4703

Jackson, MS 39296-4703

HOTLINE: 800-898-3234

After Hours HOTLINE: 1-800-799-7233

Phone: 601-981-9196  
FAX: 601-981-2501  
E-mail: [mcadv@misnet.com](mailto:mcadv@misnet.com)  
Hours: Monday-Friday 8:00am-5:00pm

Missouri Coalition Against Domestic Violence  
217 Oscar Dr., Suite A  
Jefferson City, MO 65101  
Phone: 573-634-4161  
FAX: 573-636-6613

Montana Coalition Against Domestic and Sexual Violence  
PO Box 818  
Helena MT 59624  
Phone: 406.443.7794  
TOLL-FREE: 888-404-7794  
Fax: 406.443.7818

## **N**

**National Advocacy for Local LGBT Communities**  
1-212-714-1141

National Battered Women's Law Project  
275 7th Avenue, Suite 1206  
New York, NY 10001  
Phone: 212-741-9480  
FAX: 212-741-6438

National Child Abuse Hotline  
1-800-792-5200

National Child Pornography Tipline and CyberTipline  
1-800-THE-LOST  
1-800-843-5678

For reporting the exploitation of children, such as child pornography. Parents and others concerned with child safety can call this number to report suspicious or illegal Internet activity online. Operated by the National Center for Missing and Exploited Children (NCMEC).

### **National Child Sexual Abuse Hotline – Darkness To Light**

Darkness to Light provides a toll-free number for individuals living in the United States who need local information and resources about **sexual abuse**.  
1-866-FOR-LIGHT (866-367-5444)

[National Coalition Against Domestic Violence](#)

Main Office:1120  
Lincon Street  
Suite 1603  
Denver, CO 80203  
Phone: 303 839 1852  
TTY: (303) 839-8459  
Fax: (303) 831-9251  
E-mail: [mainoffice@ncadv.org](mailto:mainoffice@ncadv.org)

[The National Domestic Violence Hotline](#) – This confidential and free hotline is available 24 hours a day, 7 days a week in more than 170 languages. Hotline staff can offer safety planning and crisis help. They also can connect you to shelters and services in your area. Call 800-799-SAFE (7233) or TDD 800-787-3224. You also can get help through email on the hotline's [contact page](#).

Resources: [thehotline.org](http://thehotline.org)  
Chat now: [M-F, 10am-8pm ET](#)

**National Hotline for Missing and Exploited Children: 800-843-5678**

This hotline is for reporting missing children and sightings of missing children. They offer assistance to law enforcement agents. Hours of operation are 7:30 a.m.-11 p.m. EST

National Human Trafficking Resource Center

A program of Polaris Project, a non-profit, non-governmental organisation working exclusively on the issue of human trafficking.

Call 1-888-3737-888 to :

Report a tip;

Connect with anti-trafficking services in your area;

Request training and technical assistance, general information or specific anti-trafficking resources.

**National Indigenous Women's Resource Center**

406-477-3896

[National Network to End Domestic Violence](#)

1101 S Street NW, Suite 400  
Washington, DC 11009  
Phone: 202-543-5566  
HOTLINE:800-799-SAFE (7233)  
TTY: 800-787-3224  
FAX: 202-543-5626

**National Runaway Switchboard**

Non-judgmental, confidential crisis intervention and local and national referrals through a 24-hour hotline for youth and their families. Provides crisis intervention and travel assistance to runaways. Referrals to shelters nationwide. 24 hours

1-800-RUNAWAY

1-800-786-2929

1-800-621-4000

1-800-231-6946

TDD: 800-621-0394

**National Sexual Assault Hotline**

1-800-656-4673 or visit [www.rainn.org](http://www.rainn.org) For anyone raped or experienced sexual violence.

[The National Sexual Assault Hotline](#) – English or Spanish. Call 800-656-4673.

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255) [24/7 hotline]

1-888-628-9454 (Spanish)

1-800-799-4889 (TTY)

[The National Teen Dating Abuse Helpline](#) – This confidential and free hotline is available 24 hours a day, 7 days a week. Call 866-331-9474 or TDD 866-331-8453 or text LOVEIS to 22522. You also can get help through a live online chat

**[Nebraska Domestic Violence and Sexual Assault Coalition](#)**

1000 "O" Street, Suite 102

Lincoln, NE 68508-2253 TOLL-FREE: 800-876-6238

Phone: 406-443-7794

FAX: 406-443-7818

Nevada Network Against Domestic Violence

220 S. Rock Blvd. Suite. 7

Reno, NV 89502

TOLL-FREE: 800-500-1556

Phone: 775-828-1115

FAX: 775-828-9991

**[New Hampshire Coalition Against Domestic and Sexual Violence](#)**

P.O. Box 353

Concord, NH 03302-0353

TOLL-FREE For Domestic Violence: 866-644-3574

TOLL-FREE For Sexual Assault: 1-800-277-5570

Phone: 603-224-8893

Fax: 603-228-6096

New Jersey Coalition for Battered Women

1670 Whitehorse/Hamilton Square Road

Trenton, NJ 08690

TOLL-FREE: for Battered Lesbians: 800-224-0211 (in NJ only)

Phone: 609-584-8107

FAX: 609-584-9750

HOTLINE: 1-800-572-7233

TTY: 609-584-0027 (9am-5pm, then into message service)

E-mail: [info@njcbw.org](mailto:info@njcbw.org)

New Mexico State Coalition Against Domestic Violence

201 Coal Avenue SW

Albuquerque, NM 87102

TOLL-FREE: 800-773-3645 (in New Mexico Only)

Legal Helpline: 800-209-DVLH

Phone: 505-246-9240

FAX: 505-246-9434

E-mail: [info@nmcadv.org](mailto:info@nmcadv.org)

New York State Coalition Against Domestic Violence

350 New Scotland Avenue

Albany New York 12208

Phone: 518-482-5465

English: 1-800-942-6906

English TTY: 1-800-818-0656

Spanish: 1-800-942-6908

Spanish TTY: 1-800-780-7660

Fax: 518-482-3807

Email us at [nyscadv@nyscadv.org](mailto:nyscadv@nyscadv.org)

North Carolina Coalition Against Domestic Violence

123 W. Main Street, Suite 700

Durham , NC 27701

Phone: 919-956-9124

HOTLINE: 1-888-232-9124

FAX: 919-682-1449

Western Office:

PO Box 17398

Asheville, NC 28816

Phone: 828-505-3708

[North Dakota Council on Abused Women's Services](#)

State Networking Office

418 East Rosser Avenue, Suite 320

Bismarck, ND 58501  
TOLL-FREE: 888-255-6240 (In ND Only)  
Phone: 701-255-6240  
FAX: 701-255-1904

## **O**

### [Ohio Domestic Violence Network](#)

4807 Evanswood Drive  
Suite 201  
Columbus , Ohio 43229  
Phone: 614-781-9651  
TTY: 614 781-9654  
HOTLINE: 800-934-9840  
Fax: 614 781-9652  
E-mail: [info@odvn.org](mailto:info@odvn.org)

### [Oklahoma Coalition Against Domestic Violence and Sexual Assault](#)

3815 N. Santa Fe Avenue, Suite 124  
Oklahoma City , OK 73118  
Telephone: 405-524-0700  
Fax: 405-524-0711  
E-mail: [info@ocadvsa.org](mailto:info@ocadvsa.org)

Education Office:  
PO Box 135  
Poteau, OK 74953  
Telephone: 918-647-5814  
Fax: 918-649-3772

### [Oregon Coalition Against Domestic Violence and Sexual Assault](#)

State Office:  
380 Spokane St .  
Suite 100  
Portland , OR 97202  
Telephone: 503-230-1951  
TTY: 1-800-553-2508  
Fax: 503-230-1973  
Statewide Crisis Number : 1-888-235-5333

## **P**

### [Pennsylvania Coalition Against Domestic Violence/National Resource Center on Domestic Violence](#)

6440 Flank Drive, Suite 1300  
Harrisburg, PA 17112-2778  
Phone: 717-545-6400  
Toll Free: 800-932-4632  
TTY: 800-553-2508  
FAX: 717-671-8149

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

Pornography Helpline

(1-800-583-2964)

People whose lives have been harmed by pornography are offered a Toll-Free Help Line that connects callers with a live therapist. Services include assessment of the caller's needs, printed resources, counseling referrals in the caller's community and multi-session brief therapy. In addition, the Victim Assistance Program offers consultation to other professional organizations, clinicians and pastors regarding sexual compulsivity and abuse.

Public Policy Office  
1633 Q Street NW, Suite 210  
Washington, DC 11009  
Phone: (202) 745-1211  
TTY: (202) 745-2042  
Fax: (202) 745-0088  
E-mail: [publicpolicy@ncadv.org](mailto:publicpolicy@ncadv.org)

**R**

Rape, Abuse, And Incest National Network (RAINN)  
1-800-656-HOPE

**Rape, Abuse, And Incest National Network (RAINN)**

**1-800-656-HOPE** Live chat and hotline [8006564673](tel:8006564673)

Call the Telephone Helpline at [877.995.5247](tel:8779955247).

<https://www.rainn.org/articles/military-sexual-trauma>

Rhode Island Coalition Against Domestic Violence  
422 Post Road, Suite 202

Warwick, RI 02888  
HOTLINE: 800-494-8100  
Phone: 401-467-9940  
FAX: 401-467-9943  
[ricadv@ricadv.org](mailto:ricadv@ricadv.org)

[Resource Center on Domestic Violence, Child Protection, and Custody](#)

NCJFCJ  
P.O. Box 8970  
Reno, NV 89507  
Office: 775-784-6012  
Phone: 800-527-3223  
Fax: 775-784-6628  
Email: [staff@ncjfcj.org](mailto:staff@ncjfcj.org)  
They are only a resource center for professionals and agencies.

**S**

[Safe Harbor](#)

PO Box 41  
310 S. Kline St.  
Aberdeen, SD 57402-0041  
Phone: 605 226-1212  
Toll Free: 888-290-2935  
Fax: 650-226-2430  
Email (general information only): [safeharbor@safeharbor.ws](mailto:safeharbor@safeharbor.ws)

[Safe Horizons](#)

2 Lafayette Street, 3rd Floor  
New York, NY 10007  
Crime Victims HOTLINE: 800-621-4673  
Rape and Sexual Assault & Incest HOTLINE: 212-227-3000  
TTY (for all HOTLINES) 866-604-5350  
Fax: 212-577-3897  
E-mail: [help@safehorizons.org](mailto:help@safehorizons.org)

Safe House

921 American Pacific Dr. Suite 300,  
Henderson, NV 89014  
Phone: 702-451-4203  
FAX: 702-451-4302  
HOTLINE: 702-564-3227  
E-mail: [kareng@safehouse.org](mailto:kareng@safehouse.org)



The Samaritans: **Emotional Support**

The Samaritans provide confidential 24 hour emotional support by email or phone (for UK and Ireland). The support is for people who are experiencing feelings of distress or despair, or possible suicide. They are there if "you're worried about something, feel upset or confused, or you just want to talk to someone."

**Self Injury - 1-800-DON'T-CUT (366-8288)**

S.A.F.E Alternatives

Senior Citizens: Protective Services for the Elderly  
1-888-385-4225

[My Sister's Place](#)

P.O. Box 29596  
Washington, DC 11017  
Phone: 202-529-5991 (24-hour hotline)  
Administrative Office: 202-529-5261  
Fax: 202-529-5984

SOS Program (A part of DC Coalition)  
Domestic Violence Intake Center Satellite Office  
Greater Southeast Community Hospital  
1328 Southern Ave SE  
Room 311  
Washington, DC 11032  
Phone: 202-561-3095 x12  
Fax: 202-561-3093  
Hours: 9:00am-5:00pm

SOS Teen Hotline: 800-949-0057

South Carolina Coalition Against Domestic Violence & Sexual Assault  
(Link only works in Microsoft Internet Explorer)

P.O. Box 7776  
Columbia, SC 29202-7776  
TOLL-FREE: 800-260-9293

Phone: 803-256-2900

FAX: 803-256-1030

South Dakota Coalition Against Domestic Violence and Sexual Assault

P.O. Box 141

Pierre, SD 57501

HOTLINE: 800-430-7233

Phone: 605-945-0869

FAX: 605-945-0870

PO Box 1402

Sioux Falls, SD 57101

(605) 271-3171 Phone

(605) 271-3172 Fax

1-877-317-3096

(Info/Referral only)

Email: [siouxfalls@sdcadvsa.org](mailto:siouxfalls@sdcadvsa.org)

**Statewide California Coalition for Battered Women**

PO Box 19005

Long Beach CA 90807

Toll-Free: 888-SCCBW-52

Phone: 562-981-1202

Fax: 562-981-3202

E-mail: [sccbw@sccbw.org](mailto:sccbw@sccbw.org)

Stop It Now! Helpline: Child Sexual Abuse and Pornography

1-888-PREVENT

1-888-773-8368

Strengthen Our Sisters

P.O.Box U

Hewitt, N.J. 07421

HOTLINE: 800-SOS-9470 (800-767-9470)

Office: 973-248-0776

E-mail: [info@sosdv.org](mailto:info@sosdv.org)

**Suicide hotline - 1.800.SUICIDE (784-2433)**

Some rape and sexual abuse victims are depressed, and may think about suicide. **If you are feeling suicidal, read this first.**

Surrender Your Baby/National Safe Haven Alliance Crisis Hotline:

1-888-510-BABY

## T

Tennessee Task Force Against Domestic Violence  
2 International Plaza Dr., Suite 425  
Nashville, TN 37217  
TOLL-FREE: 800-289-9018  
Phone: 615-386-9406  
FAX: 615-383-2967  
Email: [webmistress@tcadsv.org](mailto:webmistress@tcadsv.org)

### [Texas Council on Family Violence](#)

P.O. Box 161810  
Austin, TX 78716  
TOLL-FREE: 800-525-1978  
Phone: 512-794-1133  
FAX: 512-794-1199

TDD: 800-621-0394

Provides crisis intervention and travel assistance to runaways. Referrals to shelters nationwide. Relays messages to set up conference calls to parent at the request of the child. Operates 24 hours

National Runaway Hotline

1-800-231-6946

Provides information and referral for shelter, counseling, medical, and legal services and transportation back home. Operates a personal, confidential message relay service between runaways and their families. Operates 24 hours

Thursday's Child's National Youth Advocacy Hotline: 800-USA-KIDS

[The Trevor Project](#) – Crisis & Suicide Prevention Lifeline for LGBTQ Youth  
1-866-488-7386

## V

Vermont Network Against Domestic Violence and Sexual Assault  
P.O. Box 405  
Montpelier, VT 05601  
Phone: 802-223-1302  
TTY: 800-223-1115  
24 Hour HOTLINE: 1 800 228 7395  
FAX: 802-223-6943  
E-mail: [info@vtnetwork.org](mailto:info@vtnetwork.org)

Veterans Crisis Line 1-800 273 8255 : <https://www.veteranscrisisline.net>

**VictimConnect**

National Hotline for Crime Victims

1-855-4-VICTIM (1-855-484-2846)

Virginians Family Violence and Sexual Assault Hotline

Charlottesville, VA  
302 Hickman Rd  
Suite 101  
Charlottesville, VA 22911  
Phone: 434-979-9002  
Fax: 434-979-9003

Richmond, VA  
5008 Monument Ave.  
Suite A  
Richmond, VA 23230  
Phone: 804-377-0335  
Fax: 804-377-0339  
E-mail: [info@vsdvalliance.org](mailto:info@vsdvalliance.org)

**W**

[Washington State Coalition Against Domestic Violence](#)

WSCADV- Olympia Office  
711 Capitol Way, Suite 702  
Olympia, WA 98501  
Phone: 360-586-1022  
Fax: 360-586-1024  
TTY: 360-586-1029

Washington State Domestic Violence Hotline

Tel: 800-562-6025

E-mail: [csn@willapabay.org](mailto:csn@willapabay.org)

[West Virginia Coalition Against Domestic Violence](#)

Elk Office Center  
5004 Elk River Road,  
Elkview, WV 25071

Phone: 304-965-3552  
FAX: 304-965-3572

Wisconsin Coalition Against Domestic Violence  
307 S. Paterson St. #1  
Madison , WI 53703  
Phone: 608-255-0539  
Fax: 608-255-3560

Wives of Police Officers The Police Domestic Violence Program (known as S.A.B.L.E.) is a unique project that provides specialized counseling, legal, and advocacy services for victims whose abusers are police or other law enforcement personnel. LifeSpan can be reached at online or by calling 1-847-824-4454.

**Women's Shelters:** A nationwide directory of shelters for women.  
[https://www.womenshelters.org/#state\\_list](https://www.womenshelters.org/#state_list)

[Womenspace National Network to End Violence Against Immigrant Women](#)  
1212 Stuyvesant Ave.  
Trenton, NJ 08618  
Phone: 609-394-0136  
24 Hour Mercer County Hotline: 609-394-9000  
Fax:609-396-1093  
Email: [info@womenspace.org](mailto:info@womenspace.org)

Women's Support and Community Services  
2165 Hampton Ave  
St. Louis, MO 63139  
HOTLINE: 314-531-1103  
Office: 314-646-7500  
Hours: Monday-Thursday 8:00am-7:00pm; Friday 8:00am-1:00pm

[Women's Center of Montgomery County](#)  
Main Administrative Office:  
101 Washington Lane, Ste. WC-1  
Jenkintown PA 19046  
Toll-free hotline: 1-800-773-2424

Norristown Office:  
Women's Advocacy Project  
400 Courthouse Plaza, 18 W. Airy St.  
Norristown PA 19404  
610-279-1548

Pottstown Office:  
Women's Advocacy Project  
555 High Street, 2nd Floor  
Pottstown PA 19464  
610-970-7363

Bryn Mawr Office:  
610-525-1427

Lansdale Office:  
215-853-8060

Laurel House  
P.O. Box 764  
Norristown, PA 19404  
Phone: 610-277-1860  
HOTLINE: 1-800-642-3150  
Fax: 610-277-64025  
E-Mail: [LaurelHaus@aol.com](mailto:LaurelHaus@aol.com)

Women Helping Battered Women  
PO BOX 1535  
Burlington, VT  
Phone: 802-658-3131  
HOTLINE: 802-658-1996  
TTY: 802-658-1996  
Toll-free: 1-800-228-7395  
E-mail: [whbw@whbw.org](mailto:whbw@whbw.org)

Women's Rape Crisis Center; Vermont  
24 Hour HOTLINE: 802-863-1236  
Statewide HOTLINE: 800-489-7273

WSCADV - Seattle Office  
1402 - 3rd Ave, Suite 406  
Seattle WA 98101  
206-389-2515  
206-389-2520 FAX  
206- 389-2900 TTY  
E-mail: [wscadv@wscadv.org](mailto:wscadv@wscadv.org)

Wyoming Coalition Against Domestic Violence and Sexual Assault  
P.O. Box 236  
Laramie, WY 82073  
TOLL-FREE: 800-990-3877  
Phone: 307-755-5481  
Legal Staff: 307-755-0992

Fax: 307-755-5482

E-mail: [msholtywcadvsa@yahoo.com](mailto:msholtywcadvsa@yahoo.com)

## Y

YWCA Battered Women Task Force-Topeka

225 SW 12th St.

Topeka, KS 66612

Daytime: 785-354-7927

Evening and Weekend: 785-234-3300

24 Hour HOTLINE : 1-888-822-2983

Hours: Monday, Wednesday, Thursday and Friday: 8:00am-4:30pm; Tuesday 10:30am-4:30pm

YWCA OKLAHOMA 24 - hour Domestic Violence Hotline: 405-917-9922 or 24 - hour

Sexual Assault Hotline: 405-943-7273

## Canada

**Assaulted Women's Helpline:** A 24-hour telephone and TTY crisis line for women in Ontario. AWH also speaks to friends and family members of abused women, service providers and other professionals in contact with abused women.

- [416-863-0511](tel:416-863-0511) (in Toronto)
- [1-866-863-0511](tel:1-866-863-0511) (toll free)
- [1-866-863-7868](tel:1-866-863-7868) (TTY line)

Visit ShelterSafe to find the helpline of a women's shelter near you.

CRISIS HOTLINE: Dial 211.

Hotline: 1-888-353-2273

YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

(DCO) Telecare Distress Centre Brampton

Ontario

Hotline: [+1 \(905\) 459 7777](tel:+1(905)4597777)

Website: [telecarebrampton.org](http://telecarebrampton.org)

Chimo Helpline Inc.  
PO Box 1033  
NB E3B 5C2  
FREDERICTON  
Contact by: - Phone ✓  
Hotline: Fredericton Area: 450-HELP (4357)  
Hotline: Toll free provincial helpline: [1-800-667-5005](tel:1-800-667-5005)

(DCO) Distress Centre Durham  
Ontario  
Hotline: [+1 \(905\) 433-1121](tel:+1(905)433-1121)  
Website: [distresscentredurham.com](http://distresscentredurham.com)

(DCO) Telecare Distress Centre Etobicoke  
Ontario  
Hotline: [+1\(416\) 247-5426](tel:+1(416)247-5426)  
Website: [webhome.idirect.com/~tdce](http://webhome.idirect.com/~tdce)

(DCO) Distress Centre Hamilton  
Ontario  
Hotline: [++ 1 \(905\) 525-8611](tel:++1(905)525-8611)  
Website: [dcontario.org](http://dcontario.org)

(DCO) Distress Line Grey & Bruce  
Ontario  
Hotline: [1 888 371 8485](tel:18883718485)  
Website: [dcontario.org](http://dcontario.org)

(DCO) Distress Centre Hamilton  
Ontario  
Hotline: [++ 1 \(905\) 525-8611](tel:++1(905)525-8611)  
Website: [dcontario.org](http://dcontario.org)

(DCO) Tel-Aide Jewish Distress Centre  
Ontario  
Hotline: [++ 1 \(416\) 636-9610](tel:++1(416)636-9610)  
Website: [dcontario.org](http://dcontario.org)



(DCO) Telephone Aid Line Kingston  
Ontario  
Hotline: [+1 \(613\) 544 1771](tel:+16135441771)  
Website: <http://members.kingston.net/talk>

(DCO) Distress Centre Lanark, Leeds & Grenville  
Ontario  
Hotline: [1 800 465 4442](tel:18004654442)  
Website: [dcontario.org](http://dcontario.org)

(DCO) Distress Centre London & District  
Ontario  
Hotline: [+1 \(519\) 667-6711](tel:+15196676711)  
Website: [londondistresscentre.com](http://londondistresscentre.com)

(DCO) Distress Centre Niagara  
Ontario  
Hotline: [+1 \(905\) 688 3711](tel:+19056883711)  
Hotline: [905 734 1212/905 382 0689](tel:9057341212)  
Website: [dcontario.org](http://dcontario.org)

(DCO) North Halton Distress Centre  
Ontario  
Hotline: [+1 \(905\) 877-1211](tel:+19058771211)  
Website: [dcontario.org](http://dcontario.org)

(DCO) Distress Centre Oakville  
Ontario  
Hotline: [+1 \(905\) 849 4541](tel:+19058494541)  
Website: [distresscentreoakville.com/](http://distresscentreoakville.com/)

Distress Centres Ontario  
Ontario  
Website: [dcontario.org](http://dcontario.org)

(DCO) Distress Centre Ottawa & Region  
Ontario  
Hotline: [+1 \(613\) 238 3311](tel:+16132383311)  
Website: [dcottawa.on.ca](http://dcottawa.on.ca)

(DCO) Tel-Aide Outaouais  
Ontario  
Hotline: [+1 \(613\) 741 6433](tel:+16137416433)  
Hotline: [1 800 567 9699](tel:18005679699)  
Website: [tel-aide-outaouais.org](http://tel-aide-outaouais.org)  
E-mail Helpline: [plume@tel-aide-outaouais.org](mailto:plume@tel-aide-outaouais.org)

(DCO) Distress Centre Peel  
Ontario  
Hotline: [+1 \(905\) 278 7208](tel:+19052787208)  
Website: [distresscentrepeel.com](http://distresscentrepeel.com)

(DCO) Distress Centre Sarnia-Lambton  
Ontario  
Hotline: [+1 \(519\) 336 3000](tel:+15193363000)  
Website: [familycounsellingcentre.ca/home.cfm](http://familycounsellingcentre.ca/home.cfm)

Distress Line of Southwestern Alberta (Canada)  
426 - 6th Street South  
T1J 2C9  
Lethbridge  
Alberta  
Contact by: - Phone ✓  
Hotline: [403 327 7905](tel:4033277905)  
24 Hour service: ✓

(DCO) Distress Centres of Toronto  
Ontario  
Hotline: [+1 \(416\) 408 4357](tel:+14164084357)  
Website: [torontodistresscentre.com](http://torontodistresscentre.com)

(DCO) Distress Centre Waterloo Region  
Ontario  
Hotline: [+1 \(519\) 745 1166](tel:+15197451166)  
Website: [cmhawrb.on.ca/distress.htm](http://cmhawrb.on.ca/distress.htm)

(DCO) Distress Centre Wellington/Dufferin  
 Ontario  
 Hotline: [+1 \(519\) 821 3760](tel:+15198213760)  
 Website: [dc-wd.org](http://dc-wd.org)

(DCO) Distress Centre Windsor/Essex  
 Ontario  
 Hotline: [+1 \(519\) 256-5000](tel:+15192565000)  
 Website: [dcwindsor.com](http://dcwindsor.com)  
 E-mail Helpline: [support@dcwindsor.com](mailto:support@dcwindsor.com)

#### 24-hour emergency contacts

Service	Contact Information
Emergency (police, ambulance, fire)	911
Community Connection (for Niagara Region, South Georgian Bay, Toronto; helps people find the community services; multiple languages)	211 <a href="#">website</a>
Assaulted Women’s Helpline (phone line that supports women in violent situations; multiple languages)	<a href="tel:1-866-863-0511">1-866-863-0511</a> <a href="tel:1-866-863-7868">1-866-863-7868</a> (TTY) #SAFE (cell phone)
Toronto Rape Crisis Centre/ Multicultural Women Against Rape (phone, email, and in-person counselling for anyone who has been sexually assaulted)	<a href="tel:416-597-8808">416-597-8808</a> <a href="tel:416-597-1214">416-597-1214</a> (TTY)
Distress Centre of Toronto (phone line for people in emotional distress or in need of crisis intervention and suicide prevention; multiple languages)	<a href="tel:416-408-4357">416-408-4357</a> <a href="tel:416-408-0007">416-408-0007</a> (TTY)
Distress Centres of Ontario (lists local distress centres)	<a href="#">website</a>
Kids Help Phone (phone and online counseling for children and youth; English and French)	<a href="tel:1-800-668-6868">1-800-668-6868</a> <a href="#">website</a>
Children’s Aid Society of Toronto (provides assessments, crisis intervention, counseling and services to prevent child abuse and neglect)	<a href="tel:416-924-4646">416-924-4646</a> <a href="#">website</a>
Ontario Association of Children’s Aid Societies (lists local children’s aid societies)	<a href="#">website</a>

Service	Contact Information
Senior Safety Line (confidential support line for seniors experiencing abuse; multiple languages)	<a href="tel:1-866-299-1011">1-866-299-1011</a>
Telehealth Ontario (confidential phone service to get health advice or information from a registered nurse; multiple languages)	<a href="tel:1-866-797-0000">1-866-797-0000</a> <a href="tel:1-866-797-0007">1-866-797-0007</a> (TTY)

Top

### Counselling and family services

Service	Contact Information
Barbara Schlifer Clinic (Toronto) (counselling, legal, interpretation, information and referral service for women survivors of violence)	<a href="tel:416-323-9149">416-323-9149</a> <a href="tel:416-323-1361">416-323-1361</a> (TTY) <a href="#">website</a>
Black Youth Helpline (information, referral and support for black youth; provides parenting and school support)	<a href="tel:416-285-9944">416-285-9944</a> <a href="#">website</a>
Family Service Association of Toronto (counselling services for people and families facing many issues, including violence, death, divorce, parenting problems, and depression; multiple languages)	<a href="tel:416-595-9230">416-595-9230</a> <a href="#">website</a>
HEYY Line (Toronto) (phone line and online chat for youth to talk to other youth about issues or problems; Monday to Friday, 6:00-9:00 PM)	<a href="tel:416-423-4399">416-423-4399</a>
Naseeha Muslim Youth Helpline (support for Muslim youth; Monday to Friday, 6:00-9:00 PM)	1-866-NASEEHA (627-3342) <a href="#">website</a>
Women’s Multicultural Resources and Counselling Services of Durham (counselling, referrals, public education, workshops, and training and supportive services for women of colour, immigrant, and refugee women and children on issues of violence and abuse)	<a href="tel:1-877-454-4035">1-877-454-4035</a>
Your Life Counts (provides online support to prevent suicide and support families who have been affected by it)	<a href="tel:289-820-5777">289-820-5777</a> <a href="#">website</a>
Family Service Ontario (lists family service agencies throughout Ontario)	<a href="tel:416-231-6003">416-231-6003</a> <a href="#">website</a>

## Family Court Support Workers

[416-314-2447](tel:416-314-2447) (in Toronto)

[1-888-579-2888](tel:1-888-579-2888) (toll free)

## Canadian Family Law

<http://www.onefamilylaw.ca/>

### Health services

Service	Contact Information
Association of Ontario Health Centres	<a href="#">website</a>
AIDS and Sexual Health Information Line (anonymous and non-judgemental counselling on issues related to HIV/AIDS and sexual and reproductive health; Ontario-wide, in multiple languages; Monday to Friday 9:00 AM-11:30 PM, Saturday and Sunday 11:00 AM-4:00 PM)	<a href="tel:416-392-2437">416-392-2437</a> <a href="tel:1-800-668-2437">1-800-668-2437</a>
DV Education (online interactive curricula on intimate partner abuse and <b>sexual violence</b> for healthcare professionals who work with patients/clients who have experienced violence)	<a href="#">website</a>
Shout Clinic (Toronto) (medical, nursing, dental, and counselling services for street-involved youth under 25)	<a href="tel:416-703-8482">416-703-8482</a> <a href="#">website</a>
Planned Parenthood of Toronto (sexual, reproductive, mental, and primary health clinic for youth 13 to 29)	<a href="tel:416-961-0113">416-961-0113</a> <a href="#">website</a>
Hassle-Free Clinic (Toronto) (medical and <b>counselling sexual health services</b> ; offers anonymous HIV testing)	<a href="tel:416-922-0566">416-922-0566</a>
<b>Native Youth Sexual Health Network</b> (works with Indigenous peoples across the United States and Canada to advocate for and build strong, comprehensive, and culturally safe sexuality and reproductive health, rights, and justice initiatives in their own communities)	<a href="#">website</a>
<b>Women's Health</b> in Women's Hands (Toronto) (health services for Black women and women of colour in Toronto and surrounding areas)	<a href="tel:416-593-7655">416-593-7655</a> <a href="tel:416-593-5835">416-593-5835</a> (TTY) <a href="#">website</a>

**If your partner has abused or bullied you**, you can get a Legal Aid Certificate for two hours of free legal advice. You do not have to prove you have a low income to get this Certificate. You must fill out a form called the “**Advice Lawyer Family Violence Authorization**” that you can get from some community legal clinics, women’s shelters, Family Law Service Centres or by calling Legal Aid directly. [visit their website](#) at [www.legalaid.on.ca](http://www.legalaid.on.ca) :

- [416-979-1446](tel:416-979-1446) (in Toronto)
- [1-800-668-8258](tel:1-800-668-8258) (toll free)
- [1-866-641-8867](tel:1-866-641-8867) (for TTY)

Support group for Survivors in Toronto.

<http://www.meetup.com/Soul-Speak-Toronto-Sexual-Abuse-Meetup-Group/>

<http://www.woundedwarriorproject.org/programs/peer-support.aspx>

<http://www.woundedwarriorproject.org/programs/combat-stress-recovery-program.aspx>

[http://www.restorewarriors.org/media/8329/restorewarriors\\_deepbreathing.pdf](http://www.restorewarriors.org/media/8329/restorewarriors_deepbreathing.pdf)

<http://www.vettriip.org> Integrative Immersion process for Vets, includes EFT

## UK and International

- **UK:** Call [Women’s Aid UK](#) at 0808 2000 247.
- **Ireland:** Call [Women’s Aid](#) at 1800 341 900.
- **Australia:** Call [1800RESPECT](#) at 1800 737 732.
- **Worldwide:** visit [International Directory of Domestic Violence Agencies](#) for a global list of helplines and crisis centers.

### For men:

- **UK:** Call the [ManKind Initiative](#) at 01823 334244.
- **Ireland:** Call [AMEN](#) at 046 902 3710.
- **Australia:** [One in Three Campaign](#)

*We are a volunteer organization, and strive to keep these listings accurate and up to date. If you have additions or corrections, please write to: [support@frea.support](mailto:support@frea.support).*