



CRISIS RESOURCES

FOR MORE INFORMATION ON OUR PROGRAM:

<https://psfdh.on.ca/sexualassault>
[@lanarkcounty_sadv_program](https://www.facebook.com/lanarkcountysadv)

DOMESTIC VIOLENCE:

Lanark County Interval House Crisis Line
1-800-267-7946 (24 hours, 7 days a week)

Unsafe at Home
Text/Whats App: 613-704-5535
Online chat:
<https://unsafeathomeottawa.ca/chat-text/>

ShelterSafe
<https://sheltersafe.ca/>

SEXUAL ASSAULT:

Assaulted Women's Helpline
1-866-863-0511

We Believe Survivors
Online chat:
<https://www.webelievesurvivors.ca/chat-now>
Text: 613-544-6424

Male Survivors of Sexual Abuse Provincial
Crisis and Support Line
1-866-887-0015

1in6 (Support for Men and Boys)
<https://1in6.org/> - 24/7 helpline chat available

TRANS SUPPORT

Trans Lifeline (24/7 Trans Peer Support)
1-877-330-6366
<https://translifeline.org/>

MENTAL HEALTH:

Mental Health Crisis Line – Lanark, Leeds &
Grenville
1-866-281-2911 (24 hours, 7 days a week)

Crisis Text Line (available to anyone in
Canada)
Text: 686868

Lanark, Leeds & Grenville Distress Centre
1-800-465-4442 (5pm – midnight, 7 days a
week)

Counselling Connect
<https://www.counsellingconnect.org/>

Walk- In Counselling (virtual & in-person)
Carleton Place & Almonte residents can
access Ottawa's walk-in counselling
services, visit www.walkincounselling.com
for details

FRANCOPHONE SUPPORT:

Fem'aide (Sexual Assault and/or Intimate
Partner Violence)
1-877-336-2433

INDIGENOUS SUPPORT:

Talk4Healing – 24/7 Helpline for Indigenous
Women (available in 14 languages)
1-855-554-HEAL(4325)
Chat available at www.talk4healing.com

Hope for Wellness Helpline (On-Line Chat)
<https://hopeforwellness.ca/home.html>

PROVINCIAL SEXUAL ASSAULT/DOMESTIC VIOLENCE NAVIGATION LINE:

Assists victims/survivors, healthcare and
community service providers navigate care
24/7
1-855-NAV-SADV (628-7238)