

## AWHL SERVICES

- Crisis Counselling
- Emotional support
- Safety planning
- Exploring your options
- Online Counselling
- Phone interpreting available in up to 240+ languages

## REFERRALS FOR


- Shelters
- Sexual Assault Centres
- Housing options
- Legal services
- Counsellors/therapists
- Support groups
- Culturally appropriate services
- Local community Services
- LGBTQ2S Services

**Confidential | Anonymous**  
**24 hours/7 days a week**

**gta** 416.863.0511

**mobile** #SAFE (#7233)  
bell/fido/rogers/telus

**toll free** 1.866.863.0511

**toll free tty** 1.866.863.7868 

For Online Counselling, visit  
[www.awhl.org](http://www.awhl.org)

Our toll free number won't show up  
on your phone bill. We do not have  
call display.

Pour des services en français, appeler  
la Ligne de soutien pour femmes  
victims de violence au 1,877.femaide  
(336.2433). ATS 1.866.860.7082

Services for Indigenous women by  
*Indigenous women*, please call  
Talk for Healing at 1.855.554.HEAL



Funded by the Ontario Ministry of Children,  
Community and Social Services and the City of  
Toronto. Charitable #127624443 RR0001

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**Have  
you  
ever  
lived  
with  
abuse?**

**ASSAULTED  
WOMEN'S  
HELPLINE** A 24-hour  
helpline in  
the province  
of Ontario

# What is abuse?

Abuse can take many forms - physical, emotional/psychological, sexual, financial or workplace harassment. The goal of an abuser is to frighten and control you. If you feel unsafe and are experiencing any of these forms of abuse, you live with violence. Below are just some examples:

## **PHYSICAL**

Pushing, shoving, beating, forcible confinement, stalking, spitting, strangulation, torture, hurting children.

## **EMOTIONAL/PSYCHOLOGICAL**

Yelling, put downs, name calling, isolation from friends and family, harassment, monitoring whereabouts, silent treatment, manipulation, cyber stalking, restriction of activity, hurting pets.

## **SEXUAL**

Nonconsensual sex, sexual harassment, unwanted sexual touching, rape and incest.

## **FINANCIAL**

Denying you access to money, controlling your money, theft, any activity that prevents you from gaining financial independence.

## **NEGLECT**

Withholding food and water, depriving medical care, adequate shelter, and clean clothing.

# It's your human right to live free from abuse.

When you contact the Assaulted Women's Helpline, they can help examine all your options, including safety planning so you can decide what is best for you and your family.

The Helpline receives over 49,000 calls a year from individuals who are abused or have experienced abuse.

## **CHILDREN ARE AFFECTED BY ABUSE**

Children are affected psychologically and emotionally by witnessing abuse and violence in the home. Violence hurts children even if they are not the ones being physically hurt.

# You are not alone.

Many feel frightened and ashamed by their experience and often feel powerless and isolated.

The Helpline is committed to helping and working with callers with compassion and in the spirit of inclusion, they work with all individuals from where they are at, with respect and without judgement.

**The Assaulted Women's Helpline can help you look at your situation and explore the options available to you.**