

The Assaulted Women's Helpline receives over 49,000 calls a year from women who are abused or have experienced abuse.

YOU are not alone.

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** 

confidential | anonymous | available in 154 languages

Pour des services en français, appeler la Ligne de soutien pour femmes victimes de violence au **1.877.femaide (336.2433) - ATS 1.866.860.7082**

who we are

The Assaulted Women's Helpline offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. We provide counseling, emotional support, safety planning, information and referrals. We recognize abuse as one example of women's social, political and economic inequality in the world. The Helpline is dedicated to working towards equality for all women.

We are committed to helping and working with women who are isolated by language, cultural, physical or economic barriers. We can help you find groups or services in the language of your choice, including sign language.

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THE ASSAULTED WOMEN'S HELPLINE

www.awhl.org

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

have you ever lived with abuse?



THE 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 neglect. 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.

PHYSICAL

Pushing, shoving, hitting, beating, physical abuse with a weapon, torture.

EMOTIONAL/PSYCHOLOGICAL

Yelling, not letting you see your friends or family, insults, harassment, abusive language, deliberate deprivation of emotional care or isolation.

SEXUAL

Forced sex, sexual harassment, unwanted sexual touching, rape and incest

FINANCIAL

Denying you access to money, preventing you from having a job, any activity that prevents you from gaining financial independence.

NEGLECT

Depriving you of your basic needs and human rights, withholding food or attendant care.

Many women feel frightened and ashamed by their experiences of abuse. Often women feel powerless and isolated.

it's your human right to live free from abuse.

CHILDREN ARE AFFECTED BY ABUSE

Children who witness abuse are affected by violence in the home. Violence hurts children even if they are not the ones being physically hurt.

At the Assaulted Women's Helpline we can help you examine all your options, like safety planning, so that you can decide what's best for you and your family.

SAME-SEX PARTNER ABUSE

Abuse does happen in same-sex relationships. You can call us at the Assaulted Women's Helpline and we can help you explore the options that are available to you.

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

OUR SERVICES

- Crisis Counselling
- Emotional Support
- Safety Planning

REFERRALS FOR

- Shelters
- Rape Crisis Centres
- Housing Options
- Legal Services
- Counsellors/Therapists
- Support Groups
- Culturally appropriate services
- Advocacy
- General Legal Information

ADDITIONAL SERVICES

- Translation available in up to 154 languages
- Training, seminars & workshops for the non-profit and private sector

- Our services are anonymous and confidential
- You don't have to give your name
- Our toll-free number won't show on your phone bill
- We do not have call display

You are not to blame no matter what anybody says. Abuse is always the responsibility of the abuser.