



Resources/ support tools for women: Violence & abuse

If in immediate danger, always call 911.

Find Help:

- ❖ unsafeathomeottawa.ca
- ❖ The Children's Aid Society of Ottawa - casott.on.ca/
- ❖ Ontario Association of Children's Aid Society
- ❖ Kids Help Phone (talk or text)
- ❖ OCTEVAW - Get help for you or a friend
- ❖ Ottawa Distress Centre 24/7
- ❖ Ottawa Rape Crisis Centre
- ❖ Centre for Addiction and Mental Health
- ❖ University of Ottawa Health Centre
(613) 562-5222
- ❖ Stop Abuse in Families
- ❖ Teen Talk
- ❖ Neighbours, Friends and Families
- ❖ Definition of Consent in Canada
- ❖ Victim Resource List



text+chat
SUPPORT FOR
violence&abuse



The following are common signs and symptoms of various forms of abuse:

- ❖ [Warning Signs of an abusive relationship](#)
- ❖ [Possible Indicators of Abuse in children](#)
- ❖ [Signs and Symptoms of Sexual Abuse in children](#)
- ❖ [Signs of bullying](#)
- ❖ [Emotional Abuse](#)
- ❖ [Types of Elder Abuse](#)
- ❖ [Healthy Relationships](#)



Resources taken from:

<https://www.ottawapolice.ca/en/safety-and-crime-prevention/Abuse.aspx>