

Specialized Resources for Students – Faculty of Law, Common Law Section The Prevention of Sexual Violence and Discrimination

The University of Ottawa does not tolerate any form of sexual violence. [Sexual Violence](#) refers to any act of a sexual nature committed without consent, such as sexual assault (including rape), sexual harassment or online harassment. See University policies [67a](#) and [66](#). To report an incident of sexual violence or to obtain confidential support regarding an incident, the following resources are available to you.

Emergencies: In the case of an imminent threat of sexual violence or sexual violence in progress, on campus call 911 or [Protection Services](#) 613-562-5411; off campus call 911.

Seeking Support and Decision Making:

Some survivors of sexual violence may seek support and/or advice prior to deciding whether to proceed with any form of reporting/file a formal report of any kind including a police report and/or take any other legal or non-legal actions. This support may assist in the decision-making process.

Others may choose not to report or take legal steps but will still seek support from professionals who specialize in the area of sexual violence (prevention and supporting survivors). If this is the type of support you are looking for, the following organizations offer confidential services without judgement. The professionals at these organizations will listen to you, offer to direct you to other services you may need, and support you in your choices throughout.

On-campus - Counselling and Medical:

- Common Law's Mental Health and Wellness Counsellor: couns@uottawa.ca or telephone (613) 562-5200.
- [Counselling Services](#): couns@uottawa.ca or telephone (613) 562-5200.
- [University of Ottawa Health Services](#)

On-campus – Human Rights Office:

The specialized services at [this office](#) include individual consultation with a Human Rights Officer to understand your options including mediation and filing a formal complaint in accordance with the [University Policies](#) - (613) 562-5222.

On-campus - Legal:

- University of Ottawa [Community Legal Aid Clinic](#)

Off-campus – Community Counselling Services:

- [Carlington Community Health Centre - Violence Against Women Program - Ottawa](#) Individual and group counselling support group for abused women, in addition to child care with financial assistance is available.
- [Centre d'aide et de lutte contre les agressions à caractère sexuel](#) (CALACS) : This organization provides French-language support for women.
- [Centretown Community Health Centre - Social Services - Ottawa - Cooper St](#) This organization is being affected by the COVID-19 crisis. Please refer to their website for more info.

- [Counselling and Family Service Ottawa - Family Violence / Sexual Abuse Support Services - Family Violence Program - Ottawa](#) This agency's services are affected by the COVID-19 *offering phone counselling to current clients*
- [Eastern Ottawa Resource Centre - Services for Abused Women - Ottawa - Gloucester Centre](#) COVID-19 online chat and text service launches for Ottawa women living with violence and abuse available.
- [Immigrant Women Services Ottawa](#) Due to COVID19, the centre is physically closed and regular programming is on hold until further notice.
- [Jewish Family Services of Ottawa - Ottawa](#) Full service, non-sectarian agency offering more than 65 programs and services to children, youth, adults and seniors.
- [Lowertown Community Resource Centre](#) This organisation's programs are being affected by COVID-19, refer to their website for most up-to-date info.
- [Men and Healing](#) Therapy and counselling for men individual Psychotherapy. Group and Individual Anger Management Services. Short-term and Long-term.
- [Nepean, Rideau and Osgoode Community Resource Centre - Ottawa - Emerald Plaza](#) Baby Cupboard still operating, additional supplies may be available *food vouchers available*
- [Orléans-Cumberland Community Resource Centre - Orléans](#) Premises closed to the public. Food Bank operates by leaving name and phone number when calling the front desk.
- [Ottawa Rape Crisis Center](#) (ORCC): This organization provides English-language support for women. **Crisis Line 613-562-2333**
- [Pinecrest-Queensway Community Health Centre - Violence Against Women Program - Ottawa - Richmond Rd](#) COVID-19 (25 Mar 2020): Due to COVID19, this program will be running in a limited capacity with counselling over the phone only.
- [Sexual Assault Support Centre](#) : **24h support line 613 234-2266**
- [Somerset West Community Health Centre - Somerset West Community Health Centre, Ottawa - Rosemount Ave - Ottawa - Rosemount Ave](#) In order to respond to the COVID-19 substantial changes were made to the services offered.
- [Voice Found - Strength Found - Ottawa - Unpublished](#) Support program for adult survivors of childhood sexual abuse. Help to understand impact of trauma and provide tools.
- [Western Ottawa Community Resource Centre - Counselling Services Team and Community Response - Kanata - MacNeil Crt](#) Telephone based counselling still available. Short-term counselling (six to eight sessions), telephone.

Off-campus – Indigenous Services:

- [Métis Nation of Ontario - Ending Violence & Exploitation Outreach Program - Ottawa - Montreal Rd](#) Staff is delivering services remotely.
- [Minwaashin Lodge - Indigenous Women's Support Centre - Ottawa](#) Due to COVID19, programming at Lola St location is suspended until further notice.

Off-campus – Private Services:

- [Graham Harvey, MSW, Mediation, Counselling and Assessment Services](#) Offers counselling, mediation and assessment services. Services are client focused and follow a psycho-social holistic model.
- [The Counselling Group](#) Due to COVID19, The Counselling Group is offering only live video and/or telephone mental health counselling.

Off-campus – No-Cost Legal Information and Legal Advice:

- [Lawyer Referral Service](#) - 30 minutes no cost legal advice
- [Law Society of Ontario](#) Discrimination and Harassment Counsel: This is a free bilingual service available to the Ontario public, lawyers and paralegals. It provides confidential assistance to those who may have experienced discrimination or harassment by a lawyer or paralegal.
- [Legal Aid Ontario](#) – Certificate Program - 4hrs of no-cost legal advice
- [Ottawa Police Services Sexual Assault Survivor Guide](#)
- [Ottawa Legal Information Centre](#): 613 842-7462