



FOR IMMEDIATE EMERGENCY :

For immediate emergency, don't hesitate; CALL 9-1-1

For students only :

- One-Stop Access – Jessica Côté (Social Work Technician)
Schedule: from Sunday to Thursday, between 8h30-16h30.
Contact by MIO or email: jcote@cegepgim.ca

External Resources in Montreal :

- **HELPLINE : SEXUAL ASSAULTS AND SEXUAL HARASSMENT**
24/7 Free and Confidential
514-933-9007
1 888 933-9007
- **HELPLINE : COUPLE VIOLENCE**
24/7 Free and Confidential
1 800 363-9010
- **HELP CENTERS – SEXUAL ASSAULTS : CALACS**
(Centre d'aide et de lutte contre les agressions à caractère sexuel)
Individual meetings, support groups, accompaniment to the Court.
 - For Women Only: Trêve pour elles (Rosemont): 514 251-0323 www.trevepourelles.org/
 - For Women and Men : Montreal Sexual Assault Center
Listening, Support and References
CLSC Métro (Guy-Concordia) 1801, Maisonneuve West Blv.
514 934-4504
www.cvasm.org
- **HELP CENTER – CRIMINAL ACT VICTIMS : CAVAC (Centre d'aide aux victimes d'actes criminels)**
Post-traumatic and psychosocio-judicial intervention, information on rights and remedies, technical assistance, support, referral to specialized services.
Monday to Friday: 9AM-4h30PM or 24/7 if police officers: 514 277-9860
www.cavac.qc.ca



- **The Montreal General Hospital**
514 934-8090 (5 pm to 8 am)
1650 Cedar Avenue, Montreal, Quebec, H3G 1A4
Go to the emergency room and ask for a specialized health worker for a case of sexual assault.
- **SOS COUPLE VIOLENCE : SOS Violence conjugale**
If the victim needs accomodation, for her safety, women’s shelters throughout Quebec (24/7 services)
1 800 363-9010
www.sosviolenceconjugale.ca
- **Le Bouclier d’Athéna**
Multilingual and Multicultural Resources
514-270-2900
www.shieldofathena.com
- **Rezo (for gay and bisexual man only)**
Group workshops, individual support, referrals on sexual health, screening, live chat
514 521-7778
<http://www.rezosante.org/>
- **Lesbian Solidarity Center: Centre de solidarité lesbienne (For bisexual and lesbian women only)**
Individual follow-ups, workshops, focus group
514 526-2452
<http://www.solidaritelesbienne.qc.ca>
- **Psychologists : Ordre des psychologues du Québec**
1 800 363-2644
www.ordrepsy.qc.ca
- **Social Worker : Ordre professionnel des travailleurs sociaux du Québec**
1 888 731-9420
www.optsq.org
- **Sexologist : Association des sexologues du Québec**
514 270-9289
www.associationdessexologues.com
- **If you have been a victim of sexual assault and are thinking of filing a complaint, it is important to know that the collection of forensic evidence can help you. This evidence should be collected as quickly as possible and ideally within 3 days of the assault. This can be done in a designated center.**