



# SEXUAL VIOLENCE RESOURCES

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QUEEN'S + CANANDA WIDE

# DISCLAIMER:

We hear you. We believe you. We stand with you.

Queen's Women in Leadership is simply an education and resource tool, not one that is trained or equipped to handle experiences of sexual violence. If you are a victim of sexual violence or would like to reach out to someone about an experience you had, please use the resources indicated below.

We believe that all students need access to resources and ways they can seek out help. Our organization is very willing to step up and direct students to available resources, but are not liable for experiences with the resources below.

If you are in a crisis situation- please dial 9-1-1

-The QWIL Team

# QUEEN'S BASED RESOURCES

## QUEEN'S WIDE LINK:

<https://www.queensu.ca/sexualviolencesupport/support-and-services>

### Sexual Violence Prevention and Response Coordinator: Barb Lotan

Hours: 8:30 am – 4:30 pm, Monday to Friday

Contact info:

Phone: 613-533-6330 (Mon-Fri)

Email: [bjl7@queensu.ca](mailto:bjl7@queensu.ca)

Location: B502 Mackintosh-Corry Hall, Human Rights & Equity Hallway

Appointment needed?

- Students can email/call Barb directly in order to book an appointment
- Depending on availability, appointments can be booked within a day or two or in the following week

Ability to contact remotely?

- Yes – phone number and email provided, appointments are conducted through Zoom or Teams

Experience working with transgender/racialized students?

- She stated she does have experience in these areas

Focus:

- To help students understand their options and connect them to the services they wish to access – info about University/Police reporting
- Non-emergency support
- Does not initiate formal reporting process – can bring support person to the appointment
- Can provide referrals to support services/accommodations/academic considerations

Disclosure requirements/ability to contact anonymously?

- Students only must disclose their name and email address, no further information needed to book the appointment
- More information will be required if the student decides to initiate a formal reporting process (Barb will walk the student through what this process would look like beforehand)

Other: Good review in the Queen's Journal – compassionate and knowledgeable advocate for people navigating what comes after experiencing sexual violence

### Campus Security and Emergency Services

Hours: 24hrs

Contact info:

Emergency: 613-533-6111

Non-Emergency: 613-533-6733

Location: Fleming Hall, Jemmett Wing, Room 202

# QUEEN'S BASED RESOURCES

## Focus:

- Emergency response – looking for immediate help/safe place/etc.

## Disclosure requirements/ability to contact anonymously?

- Can request confidentiality
- However – this is not protected if they feel there is a threat to the safety of community members

## Student Wellness Services Counselling Specifically – Michelle Wells

Hours: 8:30 am – 5:00 pm, Mon-Fri

## Contact info:

Phone: 613-533-2506

Email: [counselling.services@queensu.ca](mailto:counselling.services@queensu.ca)

Location: Main floor, Mitchell Hall

## Appointment needed?

- Walk-ins will be seen by triage and/or the crisis counsellor and will be booked into an urgent spot with Michelle within the week
- Wait times for basic counselling appointments vary, currently the sexual violence counsellor wait times are a couple of weeks (support provided during wait time if needed)

Ability to contact remotely? Yes – appointments are virtual.

Experience working with transgender/racialized students? Counsellors have experience and training.

## Focus:

- Michelle Wells is the counsellor who specializes in sexual assault – can request when booking appointments
- Short and long term counselling support

Disclosure requirements/ability to contact anonymously? Students are only required to specify that they would need to be seen by the Sexual Violence Counsellor – no additional disclosure necessary.

## PEGaSUS Psycho-educational Group of Survivors of Sexual Assault

Hours: Weekly group sessions over 8-10 weeks.

Contact info: [Pegasus.group@queensu.ca](mailto:Pegasus.group@queensu.ca)

## Appointment?

- Registration is required to join the session
- Limited space
- Runs once each term

## Remote contact?

- Assuming these sessions are now over zoom

Experience working with transgender/racialized students?

- Open to everyone, however, no clear indication

## Focus:

- Supportive space – weekly group where they connect and build resilience and work towards self-empowerment
- Student wellness group facilitated by counsellors
- Good feedback from students needing support

# KINGSTON BASED RESOURCES

## Sexual Assault Center Kingston

- Website: <https://www.sackington.com/>
- Phone numbers:
  - Crisis Line: 1-877-544-6424

# CANADA BASED RESOURCES

## General

- <https://sexualassaultsupport.ca/support/> Choose any town in Ontario and get help. For any age, gender, or scenario.

## Relationship

- LevelsRespect.org
  - Text or call 1-866-331-9474.
  - Break the Cycle and the National Dating Abuse Helpline collaborate to provide information about healthy relationships, dating, and recognizing abuse including digital abuse.

## Women (also non-binary)

- Assaulted Women's Helpline
  - 1-866-863-051.
  - A 24-hour telephone and TTY crisis line for women in the province of Ontario. AWH also speaks to friends and family members of abused women, service providers, and other professionals in contact with abused women.
- Barbra Schlifer Commemorative Clinic
  - 416-323-9149 (or visit website).
  - Free counseling, legal, interpretation, information, and referral service for women survivors of violence in Toronto.

## Men (also non-binary)

- The Support Services for Male Survivors of Sexual Abuse
  - 1-866-887-0015.
  - Male survivors of sexual abuse have access to a number of specialized services to help them deal with the impact of abuse, including:
    - individual and group counseling
    - peer support
    - telephone and online counseling
    - referrals to other appropriate community support services to meet other long-term needs that clients may have

## Transgender (also non-binary)

- BWSS Crisis Line (women & transgender friendly)
  - 604-687-1867 or Toll Free 1.855.687.1868
- Trans Lifeline
  - 877-330-6366.
    - Provides support, information, and resources to transgender or questioning people as well as to their families and friends. Operators are located all over the U.S. and Canada and are all transgender self-identified.