

Gender-based violence supports on and off campus

Sexual Violence
Prevention Coordinator

- consent@trentu.ca
- www.trentu.ca/sexualviolence

Trent Student Health
Services

- www.trentu.ca/wellness
- 705-748-1481

Trent Counselling
Services

- counselling@trentu.ca
- 705-748-1386

First Peoples House of
Learning

- 3rd floor Gzowski College
- fphl@trentu.ca

Trent Security

- 705-748-1333 (24/7)
- 705-748-1328 (office hours)

Peterborough
Regional Health
Centre

- Access through emergency department at the hospital
- Sexual assault nurse examiner on-call
- 705-743-2121 Ext. 0

Kawartha Sexual
Assault Centre

- 24/7 crisis line 1-866-298-7778
- 24/7 text line 705-710-5234
- Counselling, advocacy, groups, etc.

Durham Rape Crisis

- 24/7 crisis line 905-668-9200
- Counselling, advocacy, groups, etc.

Niijkiwendidaa
Anishnaabekwewag
Services Circle

- (705) 741-0900 [regular office hours]
- www.niijki.com

Mental Health supports on and off campus

Trent Counselling Services

- counselling@trentu.ca
- 705-748-1386
- trentu.ca/wellness/counselling

Trent Student Health Services

- trentu.ca/wellness
- 705-748-1481

Trent Peer Support

- peersupport@trentu.ca
- PeerSupportTrent on [Facebook](#) and [Instagram](#)

First Peoples House of Learning

- 3rd floor Gzowski College
- fphl@trentu.ca

Trent Spiritual Affairs

- johannahart@trentu.ca
- trentu.ca/currentstudents/student-support/spiritual-affairs

Therapist Assisted Online (TAO)

- ca.taoconnect.org

Good2Talk

- 24/7 post-secondary student support
- 1-866-925-5454

I.M. Well

- Live chat and connection to counselling supports
- Download I.M. Well app

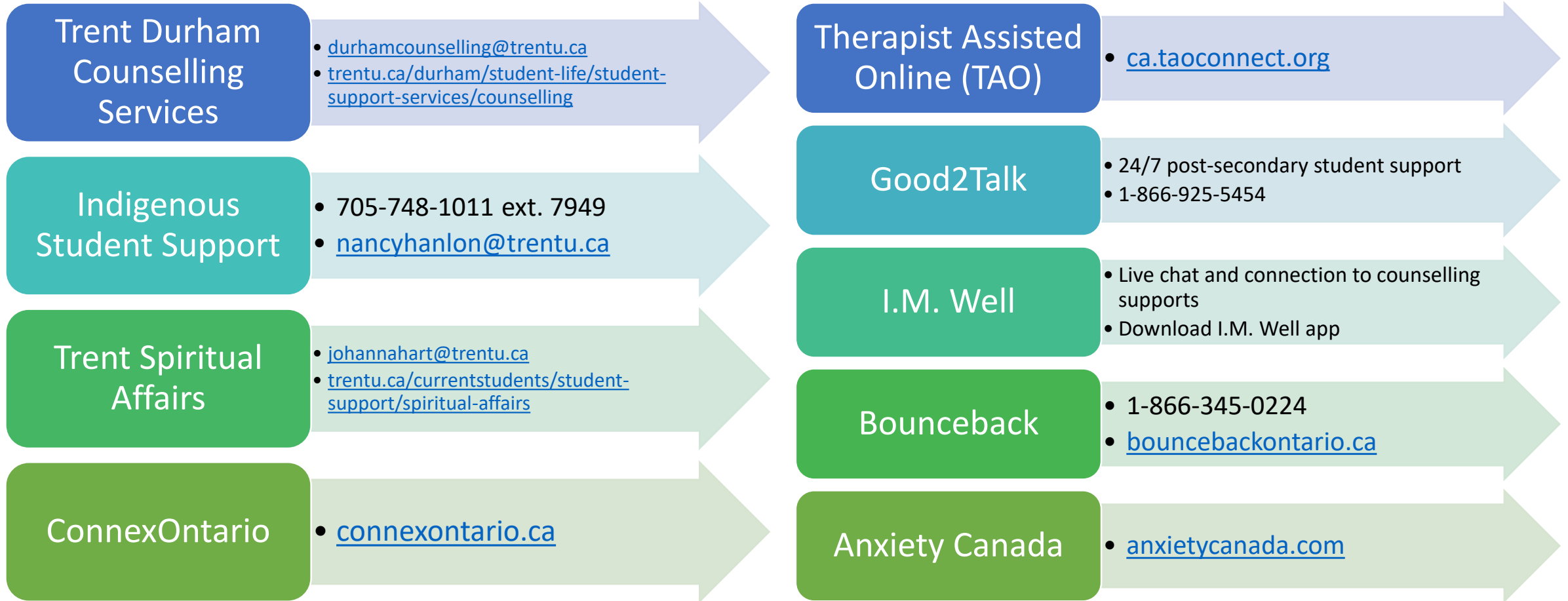
Bounceback

- 1-866-345-0224
- bouncebackontario.ca

Anxiety Canada

- anxietycanada.com

Durham supports on and off campus



Crisis Supports for Peterborough and Durham

Crisis Services Canada

- Canada-wide 24/7
- 1-833-456-4566
- Text 4pm-midnight: 45645

Good2Talk Crisis Text Line

- Ontario 24/7
- Text GOOD2TALKON to 686868

ONTX Online & Text Crisis Services

- Ontario 2pm-2am
- Text 258258
- distresscentredurham.com/ontario-online-text-crisis-services

Four Counties Crisis Services

- Peterborough 24/7
- 705-745-6484 or 1-866-995-9933

Durham Mental Health Services

- Durham 24/7
- 905-666-0483 or 1-800-742-1890

Durham Distress Centre

- Durham 24/7
- 905-430-2522 or 1-800-452-0688

BeSafe Mobile App

- Download BeSafe Mobile App
- besafeapp.ca

Hope by CAMH Suicide Prevention App

- Download Hope by CAMH
- camh.ca/hopebycamhapp