

# Help Resources

## **Sexual Assault Free Counselling**

Adults, of all genders, may attend up to fifteen individual counselling sessions. Individual counselling focuses on building emotional stability and providing adults with tools to support them with their healing.

### **SACE Counselling**

Sexual Assault Care

## **Sexual Assault Response Team (SART)**

SART is a team of Registered Nurses who have been specially trained in sexual assault care. Anyone 14 years old or older, of any gender, can access the SART nurses by going to any hospital in the Edmonton region and asking to see a SART nurse. These nurses provide compassionate, confidential, and non-judgmental care to anyone who has been sexually assaulted within the last 7 days. For more information call Health Link at 780-408-LINK(5465) or visit [www.capitalhealth.ca](http://www.capitalhealth.ca).

## **Consent Education**

A highly informative website that discusses sexual assault, sexual violence, sexual harassment, power & control, consent, rape, sexual rights.

<http://www.consenteda.ca/>

## **Suicide Prevention**

[Need Help](#)

[Alberta Crisis Centres](#)

## **If you have experienced discrimination or a hate crime ...**

Alberta Human Rights Commission – [albertahumanrights.ab.ca](http://albertahumanrights.ab.ca) (403) 297 6571

## **If you have experienced discrimination or violence and are LGBTQ+ ...**

Alberta Human Rights Commission – [albertahumanrights.ab.ca](http://albertahumanrights.ab.ca) (403) 297 6571

### **If you are underage ...**

Alberta Children's Hospital Child Abuse Services (for children up to 12) – (403) 955 5959

ConnecTeen 24-hour crisis line – (403) 264 8336

Calgary Communities Against Sexual Abuse (CCASA) – [calgarycasa.com](http://calgarycasa.com) 1-877-237-5888 (toll free support and information line)

### **Additional Resources**

Mental Health Crisis Line (Canada-wide): 1-888-893-8333

Suicide and Crisis Hotline (Canada-wide): 1-800-448-3000

[ConsentEd Resources](#) – A webpage with helpful links, hotlines, books, and resources

[Domestic Violence and Substance Abuse Resources](#) – A website providing information on programs that effectively address addiction and abuse-related trauma.

[SACE Community Resources](#) – A webpage full of links to other organizations and resources