

KFL&A Community Supports for Domestic Violence/Intimate Partner Violence

List of Services

In case of an emergency, always call 911.

Local police lines for non-emergency:

City of Kingston Police: (613) 549-4660

Frontenac OPP: (613) 372-1932

Lennox & Addington OPP: (613) 354-3369

Crisis Support

Addictions and Mental Health Services
24/7 Crisis Lines

Kingston & Frontenac: (613) 544-4229

Lennox & Addington: (613) 354-7388

Interval House 24/7 Crisis Lines

Kingston: (613) 546-1777

Lennox & Addington: (613) 354-1010

Sexual Assault Centre Kingston 24/7 Crisis Line

Call or text (613) 544-6424

Maltby Crisis Lines for Youth

Monday to Friday 8:30am-4:30pm
crisis line: (613) 546-8535

Crisis after-hours line: (613) 544-4229

Seeking Help

Local emergency departments with sexual assault/domestic violence nurse on call

- Kingston General Hospital
Emergency Department
- Hotel Dieu Hospital Urgent Care Centre
- Lennox and Addington County General Hospital in Napanee

Kingston Interval House

- Provides safe shelter and services for abused women and their children
- Open Monday through Sunday, 24 hours per day

- Contact administration 613-546-1833 or the office 613-546-4136
- If in crisis, contact the 24-hour crisis line 613-546-1777
- Email address: info@kingstonintervalhouse.com

Lennox & Addington Interval House

- Provides safe shelter, transitional housing and counselling supports for abused women and their children
- Open Monday through Sunday, 24 hours per day
- Call 613-354-0808 or send a text message to 613-449-1080
- If in crisis, contact the 24-hour crisis line at 613-354-1010
- Email address: intervalhouse@kingston.net

Non-crisis counselling and support

Centre for Abuse and Trauma Therapy

- Counselling services available online and through phone for all victims of any abuse or trauma
- Call 613-507-2288 to make an appointment
- For more information visit: <http://centrefortherapy.ca/>

Sexual Assault Centre Kingston

- Free, confidential, non-judgmental support for all survivors, 12+, of recent and/or historic sexual violence
- Video, telephone or text counselling available
- Call the 24/7 Crisis and Support Line at 1-877-544-6424
- For Online Chat or Text Crisis and Support Line visit the chat icon on the website or text "hello" to 613-544-6424, Monday to Friday 4pm-10pm

Resolve Counselling Services

- Counselling to help youth, adults, couples, and families overcome challenges that affect their emotional and social well-being
- Counselling currently available by phone 9am to 5pm
- Call 613-549-7850 or email intake@resolvecounselling.org
- For more information: <https://resolvecounselling.org/>

Victim Services of Kingston & Frontenac

- Provides immediate, confidential crisis intervention services, practical assistance, information, referrals, and emotional support to persons affected by crime, tragedy and/or disaster
- Call 613-548-4834

Street Health Services

- For same day access to addictions and counselling support by phone Monday to Friday call 613-549-1440
- For harm reduction supplies and Consumption Treatment Services (7 days per week) visit 115 Barrack Street, Kingston (still open during COVID-19 pandemic)

Bereaved Families of Ontario Kingston Region

- Providing grief and bereavement support by phone or text at 613-634-1230, and over Facebook messenger <http://bfo-kingston.ca/>
- For more information visit: <http://bfo-kingston.ca/>

Kingston Pregnancy Care Centre

- Free, confidential support for women of all ages facing an unplanned or stressful pregnancy
- Contact the Centre by calling 613-545-0425, texting 343-363-8966, or emailing info@kingstonpcc.com

Birthright Kingston

- Non-judgmental support for women and girls distressed by an unplanned pregnancy
- Call the 24-hour helpline at 1-800-550-4900

Family & Children Services KFL&A

- Children's Aid Society
- Available by phone 24/7 at 613-545-3227 to discuss children at risk

Youth Diversion

- Counselling for youth impacted by substance use
- Call 613-548-4535 or email info@youthdiversion.org

The Maltby Centre

- Mental health counselling services for children and youth up to 24 years of age
- Call 613-546-8535 or email: inquiry@maltbycentre.ca
- Crisis after-hours line: 613-544-4229

Online resources and support

- Kingston Police Path of Strength Smartphone App
- Ontario Network of Sexual Assault/Domestic Violence Treatment Centers
- United Way of KFL&A
- Ontario 211
- KFL&A Public Health

Resources

- Signs of Abuse
- Red Flag for Women in New Relationships
- Intimate partner violence in a pandemic: COVID-19 controlling behaviors