

HELP FOR VICTIMS OF SEXUAL ASSAULT

Call the Sexual Violence Helpline at 1-888 933-9007

Free, bilingual, confidential and accessible 24/7

Telephone helpline for victims of sexual assault, their loved ones, and other people involved with these issues. Chatline available from noon to midnight.

Are you a victim of sexual violence?

Go to a designated centre quickly to get appropriate services and support.

Victims instinctively tend to want to wash, take a shower or bath immediately after the event. However, it is recommended to call the [Sexual Violence Helpline](tel:1-888-933-9007) at 1-888-933-9007 before doing something that might seem natural.

The people answering calls can direct victims to regional resources that offer medical and psychosocial follow up after experiencing violence. Other information is also available, including details about timeframe for collecting DNA samples. The number to remember here is 5, because

- it is possible to collect DNA samples following the assault and for the next 5 days.
- more than 5 days following the assault, it is no longer possible to take samples, but a medical examination is still recommended. Some lesions could be observed and the exam will ensure the victim's good physical and psychological health. (Quebec.ca)

Do you know a victim of sexual assault?

You can go to a designated centre to access professional support. You can call the [Sexual Violence Helpline](tel:1-888-933-9007) anytime at 1-888-933-9007.

Designated centres

Open 24/7, designated centres are facilities that offer various **medical, legal and psychological services** to victims of sexual assault who require an assessment of their physical and mental health, or need a medical or forensic examination. Designated centres are open to victims of sexual assault, regardless of their age or gender. Wait times are minimal and in all cases, medico-social assistance is offered, whether or not the victim wants to report the assault to the police. ([Gouvernement du Québec, 2021](#))

CLIENTELE	LOCATION	NAME OF THE CENTRE
Adults (18 years and over), French services	Emergency department at Hôpital Notre-Dame	Centre désigné pour les victimes d'agression sexuelle de l'Île-de-Montréal (CDVASIM)
Adults (18 years and over), English services	Clinique Medic-Elle on working days, and emergency department at Montréal General Hospital evenings, weekends and holidays	Montréal Sexual Assault Centre (CVASM)
Children and teens (under 18 years), bilingual	Emergency department at CHU Sainte-Justine	
Children and adolescents (under 18 years), English services	Emergency department at MUHC's Montréal Children's Hospital	

Help and resources

Community groups are available to provide support to victims of sexual violence.

CLIENTELE	ORGANIZATION
Cis and trans women, as well as trans, Two-spirit and non-binary people aged 12 years and over	CALACS de l'Ouest-de-l'Île/West Island CALACS
Cis and trans women, non-binary individuals (she and/or they) and female teens aged 14 and over	CALACS Trève pour Elles
Minors and their parents	Centre d'expertise en agression sexuelle Marie-Vincent
All victims and their loved ones	Montréal Women's Action Committee
Victims of sexual harassment in the workplace	Help and Information Center on Sexual Harassment in the Workplace
Women, including immigrant women, asylum seekers, refugees or racialized women	Mouvement contre le viol et l'inceste/collectif de femmes de Montréal
Men	Criphase

You can the [Sexual Violence Helpline](#) anytime at 1-888-933-9007.

- Services for adults and adolescents who have or have not committed sexual offences: [Groupe Amorce, Ça suffit. CIDS Laval](#)
- Services for children under 12 years old with problematic sexual behaviours: [Centre d'expertise en agression sexuelle Marie-Vincent](#)

Need more information?

- [Information Guide for Sexual Assault Victims \(PDF\)](#), ([Spanish version, PDF](#))

- [Table de concertation sur les agressions à caractère sexuel de Montréal](#)
- [Media kit on sexual assault](#)
- [Quebec.ca](#)