

Bereavement

Bereaved Families of Ontario 905-848-4337
Threads of Life 1-888-567-9490
Living with Loss 905-574-5070

Counselling

Halton Family Services 905-845-3811
ACCESS Counselling 905-637-5256
Sexual Assault & Violence Intervention
Services (SAVIS) 905-875-1555
Nina's Place Sexual Assault & Domestic
Assault Centre 905-632-3737

Help Lines

Muslim Youth Helpline.....1-866-627-3342
LGBT Youth Line.....1-800-268-9688
Victim Support Line1-888-579-2888
Fem'Aide1-877-336-2433
Telecare Centre 905-681-1488 (Burlington)
Distress Centre 905-849-4541 (Oakville)
Distress Centre 905-877-1211 (North Halton)
Halton Women's Place North..... 905-878-8555
Halton Women's Place South..... 905-332-7892

Kids

Kid's Help Line1-800-668-6868
Reach Out Centre for Kids 905-634-2347

Seniors

Community Care Access Centre
..... 905-639-5228 (Burlington)
..... 905-855-9090 (North Halton)
Seniors Helpline.....1-866-457-8252

Legal

Criminal Injuries Compensation Board
.....1-800-372-7463
Legal Aid.....1-800-668-8258
Lawyer Referral Service.....1-800-268-8326
Victim Witness Assistance Program
..... 905-878-6292
Family Responsibility Office.....1-800-267-7263

Mental Health

Crisis Outreach & Support Team (COAST)
..... 1-877-825-9011
Centre for Addiction & Mental Health (CAMH)
..... 905-525-1250

Multicultural

Halton Multicultural Centre
.....905-842-2486 (Oakville)
..... 905-257-1555 (North Oakville)
.....905-631-1048 (Burlington)
..... 905-864-6565 (Milton)

For more information contact:

Halton Regional Police Service

Victim Services Unit
905-825-4747 ext. 8772
www.haltonpolice.ca



SOLVE CRIMES ANONYMOUSLY: CRIME STOPPERS OF HALTON
1-800-222-TIPS (8477)



Halton Regional Police Service
Victim Services Unit
One Vision, One Mission, One Team

Victim Services Unit



One Vision, One Mission, One Team

Victim's Bill of Rights:

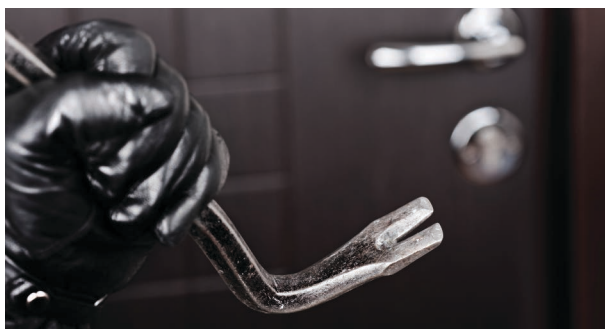
The province of Ontario believes that victims of crime that suffer harm and had their rights and security violated, should be treated with compassion and fairness: that the justice system should not increase the suffering of victims of crime and not discourage victims of crime from participating in the justice process.

The Canadian victims bill of rights legislation provides victims of crime:

- The right to information
- The right to protection
- The right to participate
- The right to restitution

Who we are and What we do:

Every victim has the right to access support to help them recover from crime and or trauma. The Victim Services Unit responds 24 hours a day, 7 days a week to victimized persons in the region of Halton. There is no standard time that a person may suffer the effects of trauma and some require more support than others. Recognizing that family and friends are well meaning and can provide support, they too may be impacted by the incident and experience similar reactions. The earlier the intervention is activated the greater the opportunity for healing.



Services:

Crisis Intervention:

Specially trained staff and volunteer crisis responders work with police to assist individuals, families and organizations by offering crisis intervention, emotional support and practical assistance. The Victim Services Unit acts as a “gateway to the community” in creating connections to community resources that help empower people to make informed choices.

Victim Quick Response Program:

The VQRP is a Ministry of the Attorney General program delivered by the Victim Services Unit. This program provides quick limited financial assistance to victims of homicide, attempted murder, serious physical assault, domestic violence, sexual assault, Human Trafficking and Hate Crime in the immediate aftermath of a crime. Eligible victims can receive limited financial assistance for funeral expenses, emergency expenses, crime scene clean up and short-term early intervention counselling.

Awareness & Community:

Victim Services provides professional development training to Service staff on victim's issues and services provided. In addition we liaise with many community partners to work towards a safer community.

Physical/Psychological Trauma:

The impact of trauma may not be felt right away and may present as symptoms weeks later. It is simply the body reacting normally to an abnormal event.

Some of the more common reactions to trauma can include but are not limited to:

Emotional/Psychological:

- Shock, denial, or disbelief
- Anger, irritability, mood swings
- Guilt, shame, self-blame
- Feeling sad or hopeless
- Blaming self/others
- Changes in appetite/sleep patterns
- Confusion, difficulty concentrating
- Anxiety/fear/increased stress
- Withdrawing from others
- Feeling disconnected or numb
- Memory problems/forgetfulness

Physical:

- Insomnia/nightmares/flashbacks
- Being startled easily
- Hyper sensitive/vigilant to surroundings
- Fatigue/weakness
- Difficulty concentrating
- Edginess and agitation
- Muscle tension
- Nausea/headaches
- Racing heartbeat

If you have experienced some of the reactions above, it doesn't necessarily mean you need counselling or therapy but individuals often benefit from the support and understanding of others.

If you or a family member is a victim of crime and/or trauma and you need someone to talk to, please call us at 905-825-4777 ext. 5239.