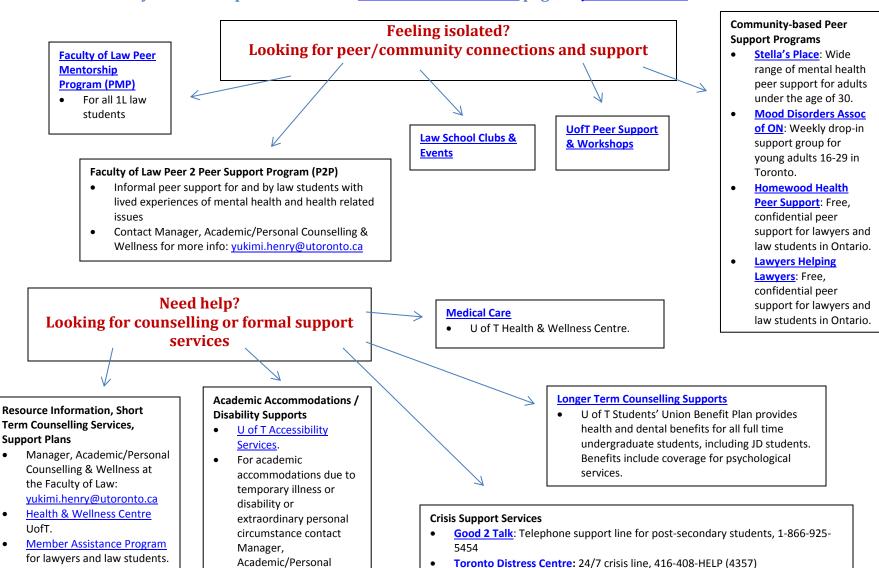
## SUPPORTS & SERVICES MAP

Not sure if you need help? Check out the **Self Assessment Tools** page or **JustBalance.ca** for more information



Assaulted Women's Helpline: 416-863-0511, text to #SAFE (7233)

Gerstein Centre: Crisis line and mobile crisis team, 416-929-5200.

Counselling & Wellness:

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ca