

# Impact and Support

## External Support for Emotional and Practical Needs

When someone goes missing, the emotional impact on their loved ones can be overwhelming. You may feel fear, confusion, sadness, or all of these at once. It's important to know that you're not alone. There are people and services available to support you through this difficult time.

The emotional and psychological state of not knowing, of waiting, is a unique type of grief known as ambiguous loss. It can become a form of chronic stress that may lead to exhaustion, anxiety, sadness, or a sense of disconnection from daily life. Some people experience guilt or fear. Others go numb. These are all natural responses.

Whether you are navigating the early moments of a disappearance or dealing with ongoing uncertainty, having the right support can make a meaningful difference.

A support person can offer valuable assistance throughout the investigation. This is a free service, and they can be your starting point even if you live outside of Toronto. They may provide:

- Emotional support during what can be a highly stressful and uncertain time.
- Referrals to specialized services in your local area, based on your unique needs.
- Guidance and help navigating the missing person investigation process.

Any member of the investigative team, including officers and civilian personnel, can help arrange support. You can also request help at any time. This may include support from:

- A Victim Services Toronto staff member (416-808-7066, 24/7 crisis support).
- A Missing Person Coordinator (acts as a liaison between loved ones and police).
- A Victim Services Toronto Missing Person Support Worker (provides guidance, emotional support, trauma-informed care, practical assistance, resources).
- 2-1-1 for information about social services, programs, and community supports in your area.

If you believe your loved one may be missing because they are a victim of human trafficking, information on Human Trafficking can be found at <https://www.htsurvivors.to/>

Questions? The Human Trafficking Unit can be reached at [humantrafficking@torontopolice.on.ca](mailto:humantrafficking@torontopolice.on.ca) or by calling 416-808-4838.

To learn more, visit <https://www.tps.ca/missing> and download the "Community Guide to Report a Person Missing."

Questions? Contact the Missing Persons Unit at [MissingPersons@tps.ca](mailto:MissingPersons@tps.ca)