



SUICIDE AWARENESS COUNCIL
OF WELLINGTON - DUFFERIN

www.sacwd.ca

RESOURCE ROUND-UP

TELEPHONE SUPPORT

HERE 24/7 Waterloo- Wellington 1-844-437-3274

TTY - 1-877-688-5501

This service is a 24 hours, 7 day a week service for support with mental health and addictions and crisis services. Trained staff will listen to you to understand what you need and work with you to get you connected to services and supports. Call Here 24/7 if you or someone you know is feeling suicidal.

DISTRESS LINE 1-888-821-3760

(Daily from 8:00 a.m. - 10:00 p.m.)

Do you just need to talk to someone? This service offers friendly trained volunteers to compassionately listen and support you if you are feeling isolated, alone or experiencing stress in your life.

SENIORS SAFETY LINE 1-866-299-1011

A 24/7, confidential and free resource that provides you with information, referrals and support in over 150 languages for seniors experiencing abuse.

TELEHEALTH ONTARIO 1-866-797-0000

TTY – 1-866-797-0007

A free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.



211 - A free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. They can help you find information about housing, health, social assistance and community programs.

GUELPH WELLINGTON WOMEN IN CRISIS 1-800-265-7233

The Crisis Line is a 24-hour telephone and TTY support and referral line in Guelph and Wellington County. They will offer you support if you have experienced or are experiencing physical, sexual, emotional or financial abuse and/or stalking.

DO YOU HAVE QUESTIONS ABOUT COVID-19?

**WELLINGTON-DUFFERIN-GUELPH PUBLIC HEALTH
519-822-2715 or 1-800-265-7293**

YOUR IMPORTANT NOTES & NUMBERS

TIPS ON STAYING HEALTHY DURING COVID-19

- It is normal to feel sad, stressed, confused, scared or angry during the pandemic. Limit the amount of news you listen too. Talk to someone about your feelings ... family, friends, neighbours or call one of the numbers listed above.
- Keep to a regular schedule as much as possible. Start each day with a few things that you would like to do. Try to stay active and get as much fresh air as you can. Tap into your creative side. These are mood boosters.

