

Crisis Supports During COVID-19

SUPPORTS AVAILABLE

NAME OF AGENCY	SERVICE	CONTACT INFORMATION
Here 24/7	24/7 crisis phone counselling	1-844-HERE247 (1-844-437-3247)
Emergency Services	Police, Fire, EMS	9-1-1 Non-emergency: 519-570-9777 Make a report online: www.wrps.on.ca
Women's Crisis of Waterloo Region	24/7 support phone line for women experiencing abuse and her children Emergency shelters	KW: 519-742-5894 Cambridge: 519-653-2422 Anselma House 700 Heritage Drive, Kitchener Haven House 10 Acorn Way, Cambridge
Sexual Assault Support Centre of Waterloo Region	24/7 support line for anyone who has experienced sexual violence. Interpreter service available.	519-741-8633
Good2Talk	24/7 counselling for post-secondary students (17 – 25 yrs.)	1-866-925-5454 Text GOOD2TALKON to 686868
Kids Help Phone	24/7 counselling for those between 5 – 20 years old	1-800-668-6868 Text CONNECT to 686868
Emergency Child Care	Region of Waterloo coordinated childcare for health care and other frontline workers	See if you're eligible here . Apply here .

Resource current as of April 7, 2020.



"We help families thrive in their communities by strengthening their mental health and wellbeing"

Head office: 400 Queen St. South, Kitchener 519-743-6333 www.carizon.ca

Charitable Registration: #10688 0115 RR0001