



Community Resource / Link	Contact information
COVID-19 RESOURCES	
Hastings and Prince Edward Public Health	https://hpepublichealth.ca/ontario.ca/coronavirus
Ontario Government	<p>Ontario.ca has an available self-assessment tool that people can use as well as the link and number to who to contact for more information on the assessment (bilingual service)</p> <p>https://www.ontario.ca/page/government-ontario</p>
Telus Virtual Health Care – virtual access to doctors/prescriptions	<p>https://www.telus.com/en/on/health/personal/babylon</p> <p>For individuals with OHIP cards</p>
Ministry of health Ministry of Long-term Care	<p>Telehealth Ontario</p> <p>1 866-797-0000</p> <p>Latest updates on COVID-19 in Ontario</p>
Bell lets talk – resource hub for support to youth, parents, individuals	<p>https://letstalk.bell.ca/en/covid-19</p> <p>Tips on managing your mental health, videos / articles on managing anxiety, stress and panic</p> <p>https://letstalk.bell.ca/en/covid-19</p>
CRISIS	
Addictions and Mental Health Pandemic Helpline	613-967-4737
Crisis Intervention Centre	1-888-757-7766 or 613-969-7400 ext. 2753



<p>Ontario online and text crisis service</p>	<p>Ontario Online and Text Service text SUPPORT to 258258</p>
<p>MENTAL HEALTH</p>	
<p>Wellness together Canada Mental health and substance use support</p>	<p>Mental health self assessment, health metrics, self guided courses and app, online community support and coaching, one on one counselling <u>WELLNESS TOGETHER CANADA MENTAL HEALTH PORTAL</u></p>
<p>Mental Health Helpline - connexontario</p>	<p>1-866-531-2600 Live web chat Email</p>
<p>BounceBack</p>	<p>BounceBack Ontario Free skill-building program designed to help youth and adults (15+) manage symptoms of mild to moderate depression and anxiety - delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.</p>
<p>Together all (formerly big white wall)- Ontario mental health virtual care</p>	<p>https://otn.ca/patients/togetherall/ A peer support community - connect with others who feel like you Self-guided - take assessments to help you understand more about yourself, or join guided support courses on anxiety, depression, quitting smoking and more</p>
<p>Peer support South East Ontario (PSSEO)</p>	<p>An online and anonymous peer-to-peer support community for your mental health Peer Support of Eastern Ontario</p>
<p>FOOD BANKS</p>	



Local food banks	SoutheastHealthLine - Food Banks by Area
Bridge St. United Church	Bridge Street United Church has operated food ministry programs. "THANK GOD IT'S FRIDAY", "END-OF-THE-MONTH", "INN FROM THE COLD"
Care and share food bank	https://trentonfoodbank.ca/ Open for Clients: Monday, Tuesday, Thursday & Friday from 10:00 am to 12:30 pm
Community Development Council (CDC)	Community Development Council of Quinte - Good Food Box, Good Baby box
Salvation Army Belleville	https://salvationarmybelleville.ca/ Emergency food on a bi-monthly basis Thrift store Hospitality Meals - The Lunchroom and The Warm Room serves soup and sandwiches and hot meals with fellowship
PARENTING SUPPORT	
Article for parents	Find effective parenting strategies to manage tantrums and behavioral problems, or learn tips on how to help your child cope with grief, divorce, and trauma http://www.lianalowenstein.com/articlesParent.html
CAREGIVER SUPPORT	
Mental Illness Caregivers Association of Canada.	http://www.micaontario.com



Canadian Mental Health Association of Ontario	http://ontario.cmha.ca/mental-health/services-and-support/supportfor-families-and-caregivers/
Family Outreach & Response Program is	Devoted to helping families achieve recovery for their loved ones. http://familymentalhealthrecovery.org
MILITARY SPECIFIC	
Family information line	1-800-866-4546 (Bilingual service) https://www.connexionfac.ca/Nationale/Restez-Branche/Ligne-d%E2%80%99information-pour-les-familles.aspx
Canadian forces member assistance program (CFMAP) - Programme d'aide aux membres des forces canadiennes (PAMFC)	1-800-268-7708 (bilingual service) https://www.canada.ca/en/department-national-defence/services/guide/programs-canadian-forces/cfmap.html
Duty Padre	613-392-2811 ex 2232
Military Police	613-392-2811 ex 4444
CHILDREN AND YOUTH	
Kids Help Phone (text, phone, or live chat) Service d'aide en cas de crise par textos pour les enfants des familles	1-800-668-6868 or kidshelpphone.ca or text 686868 (bilingual services)



Good2Talk (a helpline for colleges and university students)	1-866-925-5454 (this line is bilingual!)
Children's Aid Society	613-962-9291 for general information If you have concerns for a child please call 1-800-267-0570 https://highlandshorescas.com/
Youthab (central intake line)	310-OPEN (6736)
Mind your mind	Mind your Mind -- https://mindyourmind.ca/ "A space where mental health, wellness, engagement and technology meet to provide interactive tools and resources for young people aged 14 to 29 to support resilience."
Youth Mental Health Canada	Facts, resources and research https://ymhc.ngo/resources/
Children's Mental Health Services	613-966-3100 (bilingual services) Children's Mental Health Services - Hastings Prince Edward
WOMEN SERVICES	
Belleville and Family Pregnancy Care Centre	text: 613-969-7866 or email: info@bpfcc.ca
Red cedar shelter	Provide safe shelter, one on one counselling (613) 967-2003
Three Oaks Crisis Line	613-966-3074 or 1-800-267-0533
Alternatives for Women Crisis Line	613-476-2787



Sexual assault centre Quinte & District	(613) 967-6300 Sexual Assault Centre Quinte & District
LEGAL	
Quinte Courthouse (for emergency custody orders)	613-962-9106
Family law information center (FLIC)	Toll-free: 1-800-518-7901 - Information about separation and divorce and related family law issues, family justice services, alternative forms of dispute resolution, local community resources and court processes
ADDICTION	
Helplines	Drug and Alcohol Helpline 1-800-565-8603 Problem Gambling Helpline 1-888-230-3505
Addiction and mental health services	310-OPEN (6736) Mental health case management, clinical counselling, recreation, court diversion and court support, housing, residential addiction treatment center, problem gambling, opioid management, addiction treatment
Problem Gambling, Gaming & Technology Use	Problemgambling.ca
Centre for addiction and mental health	Centre for Addictions and Mental Health (CAMH) Wide range of facts on Mental health, suicide prevention, programs and services
Canadian centre on substance use and addiction	Low-Risk Alcohol Drinking Guidelines Low-Risk Cannabis Use Guidelines - PDF



Hotel Dieu Detoxification centre	(613) 549-6461 Hotel Dieu Detox Centre
Peer support groups for family members	Al-Anon/Alateen Ontario Alcoholic Anonymous Quinte
VIRTUAL RESOURCES	
Entertainment	http://www.virtualmuseum.ca/ https://www.timeout.com/travel/coronavirus-virtual-museum-tours https://www.ripleyaquariums.com/canada/ https://www.ellentube.com/
Educational resources for kids	https://www.ontario.ca/page/learn-at-home https://www.prodigygame.com/ https://www.tvokids.com/ https://www.starfall.com/h/ https://www.abcya.com/ https://lalilo.com/?language=en https://www.raz-kids.com/
Apps	Emotion regulation: Moodfit Coping Skills: MoodMission Therapy: Talkspace Stress Relief: Sanvello Meditation: Headspace, calm Fun App: Happify Depression: Depression CBT Self-Help Guide