

COVID-19 Supports and Resources

COVID-19 Mental Health Support Lines

ConnexOntario (**1-866-531-2600**), Ontario's mental health, addictions and problem gambling help line, which can provide contact information for local mental health and addictions services and supports, including crisis lines.

Mental Health and Substance Use Support-**1-866-585-0445**

Wellness Together Canada: Mental Health and Substance Use Support (Immediate Support) Adults: **Text WELLNESS to 741741**
Youth: **Text WELLNESS to 686868**

Talk 4 Healing (supports for Indigenous women) **1-855-554-4325**
<http://www.talk4healing.com> Indigenous women can get help, support and resources 24/7, with services in 14 languages by calling or texting. Live web chat is also available

(Info about mental health and a few phone numbers)
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/resources_ontarians_experiencing_mha.pdf

(Multiple Phone numbers)
<http://www.ohtn.on.ca/wp-content/uploads/2020/04/Mental-Health-Resources-during-COVID-19.pdf>

(Ontario 211-Volunteer goes to topics-selects a service- types in the location and multiple services will pop up)
<https://211ontario.ca/211-ontario-services-blog/covid-19-information-sources-for-ontario-residents/>

(Canadian Mental Health Association)
<https://cmha.ca/document-category/mental-health>

Telehealth ontario-**1-866-797-0000**

First Nations and Inuit Hope for Wellness Help Line-**1-855-242-3310**

Crisis Services Canada-**1-833-456-4566 or text 45645**

COVID-19 financial supports

(COVID-19 Government funding)

<https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>

Where to find the latest COVID-19 information

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

(Canada Resources, Virtual assistant to ask questions)

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

(Latest ontario cases, self assessment, testing locations)

<https://covid-19.ontario.ca/index.html>

(World Health Organization)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019?gclid=CjwKCAiA8Jf-BRB-EiwAWDtEGtqK9EKhiRa0wP7RRnJ-jh_kSu061nZ2LaMY8Cb5biVpOnYsNHRkqRoCLHEQAvD_BwE

(Center for disease control)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Accessing Food during isolation

(Meals on Wheels)

<https://search.caredove.com/mealsonwheels?address=%20North%20Bay%2C%20ON%2C%20CAN&lat=46.30663&lng=-79.45993>

(Meals on wheels/ food services different areas)

<https://www.northeasthealthline.ca/listservices.aspx?id=10107>

(Grocery and parcel delivery North Bay)

<https://deliveryinnorthbay.com/>

705-497-7917

(Only offered through some stores and some areas-Grocery delivery)

www.instacart.ca

(Grocery delivery)

<https://northbay.mrsgrocery.com/>

Walmart Parry Sound (Or volunteer can type in portal code on website to see if delivery is available in a certain area)-(705) 746-1573

www.Walmart.ca

Delivery by sobeys-Only available in some areas-I dont think its available in Nipissing district

<https://voila.ca/>

Volunteers Can go to <https://211ontario.ca/> type in grocery delivery and the area-results will pop up

Crisis Lines

Mobile crisis response-**888-310-1122** (Nipissing) (8 am-4pm mainly)

<https://www.connexontario.ca/Program-Details?ProgramId=35193>

24/7 crisis intervention (North Bay) -16 years +-**800-352-1141**

<https://www.connexontario.ca/Program-Details?ProgramId=15953>

Multiple services-<https://www.connexontario.ca/search-results>

24/7 crisis (Parry Sound)-**888-893-8333**

<https://www.connexontario.ca/Program-Details?ProgramId=4134>

Telehealth ontario-**1-866-797-0000**

(CMHA)

Thinking of suicide? Please call 1-833-456-4566 OR 911

Multiple Resources- Type location and service needed to see what's in your area

<https://www.centralhealthline.ca/>

<https://211ontario.ca/>

<https://www.connexontario.ca/en-ca/>

For information and referrals for community, government, social and health services, including mental health resources across Ontario, call **211** or **1-877-330-3213**.

