




# COVID-19 COMMUNITY HELPLINES

Need emergency food or  
mental health support?


For questions, helpful information and local support services, call:

## Windsor-Essex Food Helpline

 Call (888) 488-1578  
Mon-Fri | 8:30am-8:30pm


Emergency food for low-income families and seniors who are self-isolating or require access to prepared meals.

## Windsor-Essex Counselling Support Line

 Call (519) 946-3277  
7 Days/Week | 24hrs/day


Timely, safe and responsive telephone counselling support for people experiencing mild to moderate distress.

## Windsor-Essex Seniors Call Assurance Program

 Call (877) 771-2677  
Mon-Fri | 9:00am-4:00pm

Provides seniors with phone call security checks and referrals to local support services.

## 2-1-1 Ontario

 Call 2-1-1  
7 Days/Week | 24hrs/day

Information on local social, government and health services. Available in 100+ languages.

More emergency support can be found at [weareunited.com/GETHELP](https://weareunited.com/GETHELP)  
Brought to you by the WE COVID Care Coalition