

Helpful Information and Resources

Mental Health Resources

- **Big White Wall** www.bigwhitewall.com is an online community that offers free peer to peer support for anyone dealing with anxiety depression or other mental health symptoms. It is in partnership with Telehealth and moderated by clinical professionals 24/7. This may be a good resource for chatline contacts
- **Bounce Back (15+)** – 1-866-345-0224 or www.bouncebackontario.ca is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.
- **ConnexOntario** - 1-866-531-2600 assists individuals with access to addiction, mental health, and problem gambling services
- **Good2Talk** is here for post-secondary students in Ontario during the COVID-19 pandemic. It's important to have the facts about the novel coronavirus from trustworthy sources. **Text GOOD2TALKON to 686868**. You can also receive professional counselling and information and referrals for mental health, addictions and well-being by **calling Good2Talk at 1-866-925-5454**.
- **Wellness Together Canada** is a new portal to connect Canadians to the professional support and information they need to help address mental health and substance abuse issues they may face during these challenging times. <https://ca.portal.gs/>
- **MindShift™ CBT** is an app that uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety
- **Stronger Minds by BEACON** is a free digital program for all Canadians – to support your mental well-being through the COVID-19 crisis. Get guidance that's created to help with the specific emotional well-being concerns stirred by the pandemic, through easy-to-digest resources from a team of caring clinical psychologists.

Virtual Clinics for Medical Assessments

- <http://dialadoc.ca/>
- Clients complete a request online (demographics and healthcard) and are matched with a clinic who is completing virtual visits. Client will be contacted by the assigned clinic and a telephone appointment will be scheduled. If a prescription is ordered you provide MD with your pharmacy's info and they fax it directly to them

Niagara Parents

- Connect with a public health nurse at [Niagara Parents](#) Monday – Friday, 8:30 a.m. – 4:15 p.m.:
 - Call @ 905-684-7555 or 1-888-505-6074 ext.7555,
 - [Email](#)
 - [Live Chat](#)
 - [Facebook Messenger](#)

Seniors

- [A Friendly Voice](#) – for seniors 55+ Seniors who feel alone and want to chat with someone. It's out of the Ottawa area but is serving the province: 1-855-892-9992
- **Yoga For Seniors**
 - Lost 'n Found Yoga is partnering with Cogeco YourTV- Cable 10 for a free 1-hour Yoga Class. These classes will usually be Chair Yoga or Restorative Yoga, designed specifically for seniors who are not able to get out to some of the recreational activities that are usually available to stay mobile, active and healthy • Saturday at 9:00AM (premieres Saturday, April 11th) • Wednesday at 8:00PM • Friday at 4:00pm
- For individuals with loved ones living in a retirement home with questions regarding this procedure, please contact the Retirement Homes Regulatory Authority at 1-855-ASK-RHRA or at info@rhra.ca
- [Community Support Services of Niagara Region](#)
 - grocery delivery program to seniors (65+) in the Niagara Region
 - Callers interested in the program are directed to call 905-682 -3800, extension 706 and leave a voice mail message. A coordinator will call them back as soon as possible.

Community Support

- [Ontario 211](#)- Community and Social Services Help Line
 - Clients dial 211 and they will help individuals find programs and services in their community

Donations

- [Ontario Together](#)- Government of Ontario Website/Hotline
 - Welcoming help from businesses and organizations who can supply emergency products and innovative solutions to support our response to Covid-19.
 - <https://www.ontario.ca/page/how-your-organization-can-help-fight-coronavirus>
 - Or individuals can call [1-888-777-0554](tel:1-888-777-0554)
- [Niagara Health](#)
 - Donate new N95, surgical masks, or any other protective equipment- face shields, impermeable gowns to the healthcare team.
 - Send email to foundation@niagarahealth.on.ca to coordinate a drop-off time
- [Pelham Support Network launches](#) The Fabulous Fenwick Lions Club joined forces with the Fonthill Lions , in conjunction with the Town of Pelham and Local businesses to develop a system bringin needed supplies to those who find themselves in self-isolation or quarantine due to travel or close contact with someone who is infected or has symptoms. If you have **no other** way of getting needed essential supplies we are here to help you; we do not want you to go out. This also applies to seniors with health concerns.
- [CareMongering-Niagara- Niagara Community Response to COVID-19](#) to empower neighbours to help one another. Offering assistance with errands, childcare or supplies. Network of community members who can help grab your groceries, prescriptions and other essentials. We want you to stay healthy.

- Join Facebook group or email caremongeringniagara@gmail.com.
- **Volunteer Opportunities**
 - [SparkOntario](#) Connecting people with community response efforts of COVID-19. Volunteers can explore posted opportunities across the province.

Local Food Banks, Meal Programs and Emergency Food

Individuals in need of food/ resources or community members looking to donate can be directed to:

- Niagara Region Website <https://www.niagararegion.ca/social-services/food-for-all.aspx>
 - Includes a list of all community agencies for each municipality and includes COVID-19 updates
- [Community Crew](#): with school closures- they are delivering food to children who might otherwise go without at home, rather than at school. Families can register online- lunches are delivered once a week.

Grocery Shopping and Delivery Services

Name	Contact Information	Service Area	Cost	Notes
CareMongering Niagara	Facebook Group: CareMongering – Niagara, Ontario	Niagara Region	No fee	Volunteers assist with groceries and prescription orders.
Community Support Services of Niagara	905-682-3800, extension 706	Niagara Region	No fee	In order to qualify for the program individuals must be over the age of 65 or adults living with a disability must be able to pay for groceries with a credit card. Priority will be given to individuals who meet the at risk category for COVID-19 without family within the Niagara region and are unable to drive.
Pelham Support Network	Partner Businesses: Shoppers Drug Mart Fonthill: (905)892-5791 Shoppers Drug Mart South Pelham: (905)735-5644 Pharmachoice Fonthill: (905)892-1888 Sobey's Fonthill: (905)892-2570 Pelham Cares: (905)892-5300	Pelham	No fee	Call any partner business* Mon-Sat before 1pm and inform want to order via Pelham Support Network. Credit card only. *For an up-to-date list, visit Fabulousfenwicklions.org Will also deliver other essential Supplies.
GroceryHero	getgroceryhero.com (website does not work on internal browsers)			***Free delivery service to help our frontline medical professional focus on fighting COVID-19. Volunteers across the city are matched with a

				medical professional in their neighbourhood.
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Fort Erie

Business Directory Map: Shows which Fort Erie are open, limited or closed during this time.

- <https://myforterie.geopedia.ca/portal/apps/MapSeries/index.html?appid=3fc265fdbb3f4b7bb3b27b072a43cfd4>

FORT ERIE COMMUNITY FOOD ASSISTANCE

April 14, 2020

PLEASE CHECK FOR UPDATES WEEKLY

ORGANIZATION / LOCATION	DATE AND TIME	TYPE OF FOOD AND HOW IT'S DELIVERED	WHO IS ELIGIBLE?
St. Vincent de Paul, St. George's Church	Call first 905-894-8592	Food Bank	Anyone in need in Crystal Beach, Ridgeway and Stevensville.
St. Vincent de Paul, St. Michael's Church	Call for information 905-394-0203	Grocery Vouchers	Call first
The Salvation Army: 255 Gilmore Road, Fort Erie.	Call first: 905-871-1592 Ext 21	Food Bank	All in need are welcome. Call first.
COPE, 32 Dufferin St., Fort Erie.	Mon. - Thursday, 8:30am - 4:00pm Friday, 8:30am - 3:00pm	Food Bank	All in need are welcome
Ridgeway Lions Club, Crystal Ridge Community Centre, 99 Ridge Road South, Crystal Beach	Monday, Wednesday & Friday 11 am - 1:00 pm	Take-out meal. Pick up.	All in need are welcome
Meals-on-Wheels	Call for information	Delivering frozen dinners once a week	Call first. 905-871-9366



Because schools are closed, **Community Crew is delivering food to children who might otherwise go without at home, rather than at school.** Families with elementary-school-aged children can register their children online. Neighbours can also refer families online. The lunches are delivered once a week while practicing safe distancing during the COVID-19 outbreak.

To register online, please visit <https://communitycrew.ca/lunch-delivery/>

The information above does not cover all the food and assistance available in Fort Erie.

e-mail: strongforterineighbourhoods@gmail.com

Obtained from Town of Fort Erie Facebook Page