

COMMUNITY RESOURCES

CHILDREN SPECIFIC SERVICES

Front Door Mental Health

<https://www.frontdoormentalhealth.com>
519-749-2932

Works with parents/caregivers, children and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health.

House of Friendship-Family Outreach Program

<https://www.houseoffriendship.org>
519-742-8327 x240

Program Eligibility: Families with children 17 years of age and under who live in Waterloo Region and are experiencing low income. Workers help families to connect them with services in their community, and provide direct support when necessary.

Other Provincial/National Supports

Kids Help Phone

§ Online: kidshelpphone.ca/live-chat
§ Phone: 1-800-688-6868
§ Text: CONNET (English) or PARLER (French) to 686868

LGBTQ YouthLine (Sunday to Friday 4pm-9:30pm ET)

§ Online: youthline.ca
§ Phone: 1-800-268-9688
§ Text: 647-694-4275

Good2Talk Post-Secondary Student Line

§ Phone: 1-866-925-5454
§ Text: Text GOOD2TALKON to 686868

FOOD SUPPORT

Cambridge Self Help Foodbank

<https://cambridgefoodbank.org/>
519-622-6550

COMMUNITY RESOURCES

MENTAL HEALTH AND ADDICTION SPECIFIC RESOURCES

Canadian Mental Health Association

If you are in crisis, please call: **Here 24/7 at 1-844-437-3247**

Self Help/Peer Support

<https://cmhawwselfhelp.ca>
519-623-6024

Offering virtual peer support groups in a small group setting. 1:1 virtual/phone peer support is also available. Call or go online to see the various mental health support groups available.

House of Friendship- Community Based Addiction Counselling

<https://www.houseoffriendship.org/>
For referrals: call: **Here 24/7 at 1-844-437-3247**

Offering virtual based addiction treatment services.

COUNSELLING RESOURCES

Carizon

Phone and video counselling for adults & youth.
<https://www.carizonforthecommunity.ca/>
519-743-6333

Family Counselling Centre of Cambridge & North Dumfries

Phone and video counselling for adults & youth living in Cambridge-North Dumfries.
<https://fccnd.com/>
519-621-5090

Langs

Phone and video counselling for adults & youth living in Cambridge-North Dumfries.
<https://www.langs.org/>
519-653-1470 | ext. 327

SENIORS SPECIFIC RESOURCES

Community Support Connections

<https://communitysupportconnections.org/>
519-772-8787

Home and Community Care (Waterloo-Wellington LHIN)

<http://healthcareathome.ca/ww/en>
519-748-2222