The document provides some community resource contacts. Below is a list of defined community resources including contact information available Nationally or Provincially.

**911**immediate connection to police, fire and medical services 911 on any phone

**Crisis Services Canada** immediate support to those concerned [www.Crisisservicecanada.ca](http://www.Crisisservicecanada.ca)

about suicide from those worried about someone who may be

having suicidal thoughts or having suicidal thoughts yourself.

**Ontario 211** is a free helpline that connects you to community [www.211ontario.ca](http://www.211ontario.ca)

and social services in your area 24 hours a day, 365 days a year,

in over 150 languages.

**Kids Help phone** provides free online and telephone counselling Kidshelpphone.ca

to children and youth across Canada. In addition to its 1800 668 6868

counselling services, Kids Help Phone also provides

information on how to access support services for children

and youth.

**Canadian Mental Health Association** operate a variety of [www.Cmha.ca](http://www.Cmha.ca)

programs across the province that can assist with various

mental health and addiction issues.

**Canadian Forces Member Assistance Program** Confidential [www.cafconnection.ca](http://www.cafconnection.ca)

Counseling Service 8 hours of free services for a particular

issue for CIC and Cadets 24 hours a day, 7 days a week

1 800 268 7708

**Ontario Association of Children’s Aid Societies** are there to [www.Oacas.org](http://www.Oacas.org)

protect infants, children and youth who are experiencing

abuse or at rise of abuse, physically, sexually, emotionally,

or through neglect.

**Red Cross** has an extensive network of programs and services [www.Redcross.ca](http://www.Redcross.ca)

including Aboriginal support, housing support, Community

support, Emergency and disaster services, Migrant and

refugee services, Senior support, violence and bullying.

**Bell, Let’s talk** Web site is a collection of excellent <https://letstalk.bell.ca/en/covid-19>

Mental health and Covid19 resources.

**Chaplain services** provides support and perspective For RCSU Central

in times of crisis. Reassurance of personal worth, value 905 449 2365 or 705 715 8754

and hope in the face of loss, illness, tragedy, grief,

discouragement, self doubt and hopelessness.