

Community Resources for COVID-19 Support

Peel Public Health:

Peel Public Health is made up of health experts, practitioners, researchers and changemakers. If you have questions or may require additional supports please call them at 905-799-7700, Monday to Friday 8:30 a.m. to 4:30 p.m. or [email Peel Public Health](#).

Resource Guides in Peel:

- Dial 211 to access referral assistance
 - <https://www.ontario.ca/page/covid-19-support-people>
 - <https://www.publichealthontario.ca/>
 - https://cmhapeeldufferin.ca/wp-content/uploads/2020/09/CMHA_QuickGuide_Revised_Final_September_24_20.pdf
-

Care Giver Supports:

- <https://www.peelregion.ca/coronavirus/social-support/#care>

Counselling:

- *Kids Help Phone*: 1-800-668-6868
- *24/7 Crisis Support*: 905-278-9036 / 1-888-881-2222
- *Distress Centre (24/7)*: 416-408-4357
- *Canadian Mental Health Association*: 905-451-2123 / <https://cmhapeeldufferin.ca/programs-services/>
- *Wellness Together Canada*: <https://ca.portal.gs/>
- *ConnexOntario*: 1-866-531-2600 / <https://www.connexontario.ca/Home/Call>
- *Psychology Today*: <https://www.psychologytoday.com/ca> (fee for service)

Community Health Centres:

- *Bramalea Community Health Centre*: 905-451-6959
- *Homewood Health Centre*: 289-207-0011 (Peel) / 519-824-1010 (Dufferin)
- *Transgender Health Care*: 519-780-5298

Cultural Services:

- *Punjabi Community Health Services*: 905-677-0889
- *Indus Community Services*: 905-275-2369
- *Brampton Multicultural Community Centre*: 905-790-8482
- *Ontario Inter-Cultural Community Services*: 905-677-9963

Current Measures in Peel:

- <https://www.peelregion.ca/coronavirus/public-health-measures/>

Employment:

- *Peel Career Assessment Services Inc*: 905-670-1967 / <https://www.peelcareer.com/>
- *YMCA Youth Employment Services*: 905-276-9322 x200
- Connect with your Employee Assistance Program
- Check your extended health insurance from work to see if you have coverage for therapy

Family Support – Children to Seniors:

- *Child Care:* <https://www.peelregion.ca/coronavirus/childcare/>
- *Children’s Mental Health Ontario:* 416-921-2109
 - <https://cmho.org/> and <https://cmho.org/back-to-school/>
- *Peel Children’s Centre:* 905-451-4655
- *Bereaved Families of Ontario:* 905-848-4337
- *Heart House Hospice:* 905-712-8119 / Hospice Dufferin 519-942-3313
- *CMHA Peel Dufferin Senior Services:* 905-451-2123 (Pee) / 1-877-451-2123 (Dufferin)

Financial Resources:

- <https://www.peelregion.ca/coronavirus/economic-response/>
- <https://www.canada.ca/en/department-finance/economic-response-plan.html>
- *Canada Recovery Benefits:* <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html>

Food Banks:

- <https://peelregion.ca/planning-maps/foodprograms/foodprograms.html>
- <https://www.peelregion.ca/coronavirus/social-support/#food>

Helpful Phone Apps:

- Calm, Headspace, Mindshift, CBT-I Coach – for sleep, AbilitiCBT

Mindfulness Audio Exercises:

- *Dartmouth University – Audio Relaxation:* <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings>

Online Grocery and Delivery:

- *Cartly* - Indian and Pakistani Groceries online: <https://www.cartly.ca/>
- *Chambers Food Service* – delivers Fish and meats: <https://www.chambersfood.com/>
- *Fresh City Farms* - delivers produce, prepared meals <https://www.freshcityfarms.com/>
- *Walmart* – home delivery https://www.walmart.ca/en/help/grocery#grocery_delivery

Peer Support/Self Help:

- *Togetherall:* <https://togetherall.com/en-ca/>
- *Bounce Back Ontario:* 905-430-1768 / 1-866-345-0224 / <https://bouncebackontario.ca/>
- *Association of Parent Support Groups of Ontario* - Self-help and support groups for parents of disruptive youth: 1-800-488-5666
- *Anxiety Empowered* - A progressive Peer Support Group for adults working towards managing their anxiety: 905-494-6224

Self Help Books:

- *Mind over Mood, Second Edition: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine A. Padesky
- *The Big Activity Book for Anxious People* Written by Jordan Reid and Erin Williams

Self-Isolation:

- <https://www.peelregion.ca/coronavirus/self-isolation/#home>

Social Support:

- <https://www.peelregion.ca/coronavirus/social-support/>

Youth & Students:

- *Youth Wellness Hub*: <https://www.youthhubs.ca/en/>
- *EveryMind* (Youth 12y+, Adult, and Family Services): 416-410-8615
- Connect with your Health & Wellness Centre / Student Association / Student Centre / Accessibility Centre / Guidance Counsellor at your school to get ongoing support
- Check your student health insurance to see if you have coverage for therapy