

Community Resources To Help You and Your Family

The world and our local community are going through a challenging point in our history and as much as isolation is a preventative measure, it can create several issues that impact how we feel, think and even how we survive.

Below is a list of school and community wide resources that you can use if you or your family need support:

Mental Health Support @ WCI

WCI Guidance, Settlement Worker, Child-Youth Worker (CYW) & Social Worker

QUAD 3 & 4 GUIDANCE COUNSELLORS: note your Guidance Counsellor may have changed.

Your Guidance Counsellor is assigned based on your surname.

[L Crosby](#) - A, B, and AP Coordinator

[M Cowburn](#) - D, E, F, J, K, M, N

[L Gowing](#) - G, H, I, L

[L Nosal](#) - O, P, Q, R, S, T

[L Cresswell](#) - C, U, V, W, X, Y, Z

[L Schulze](#) - ELD Students

[L Yu-Williams](#) - YMCA Settlement Worker (Speaks Mandarin and French)

[C Salib](#) - YMCA Settlement Worker (Speaks Arabic)

[C Gerrie](#) - Certified Child and Youth Worker

[A Maawiye](#) - Social Worker

*All of their emails can be found by typing in their name in your Google email or on our school website or clicking on the name above. [Guidance Department webpage](#)

COVID 19 - Region of Waterloo Emergency Services List

Region of Waterloo list of emergency services during Covid 19 including shelter, housing, food hampers, mental health resources, crisis services, emergency child care, etc.

<https://www.regionofwaterloo.ca/en/living-here/covid-19-community-supports-for-the-vulnerable.aspx>

Outside School Resources - Mental Health & Counselling

- [Kids Help Phone](#)
 - Online: kidshelpphone.ca/live-chat
 - Phone: 1-800-688-6868
 - Text: CONNET (English) or PARLER (French) to [686868](tel:686868)

- LGBTQ YouthLine (Sunday to Friday 4pm-9:30pm ET)
 - Online: youthline.ca
 - Phone: 1-800-268-9688
 - Text: 647-694-4275

[HERE 24/7](#) or call 1-844-437-3247 (1-HERE247)

- Access to addiction, mental health, and crisis services provided by local agencies
- HERE 24/7 provides intake, assessment, referral, waitlist and appointment bookings

[Connex Ontario](#) or call 1-866-531-2600

- Free and confidential information about mental health services and supports in communities across Ontario
- This service supports 170 languages

Crisis Services Canada (24/7) - 1-833-456-4566

Trans Lifeline (10am-4am EST) - 1-877-330-6366

Hope for Wellness Indigenous Help Line (24/7) - 1-855-242-3310

Text Services

- ONTX Ontario Online & Text Crisis Services (available 2pm-2am EST) - Text 258258
- Crisis Services Canada (available 4pm-12am EST) - Text 'START' to 45645

[Front Door](#) - children and youth mental health services 519-749-2932 and press "1" when prompted

[Carizon](#) - (Telephone & Video sessions) - (519) 743-6333 and press "1" when prompted. You will be directed to our intake staff who will book an appointment for you. If you call outside our regular hours or if we are on the phone, please leave us a message and we will get back to you as soon as we can.

Twitter at [@carizon](#) and Facebook at [@CarizonUpdates](#)

[Lutherwood Children's Mental Health](#)

Safe Haven Youth Shelter 519-749-1450

[Interfaith Counselling](#) - 519-662-3092

[KW Counselling](#) - 519-884-0000

- Quick access to online or phone counselling. [Walk In Counselling Clinic](#)

[Shalom Counselling Services](#) - 519-886-9690

Parent's for Children's Mental Health

<http://www.pcmh.ca/documents/PCMH%20Resource%20List%20-%20Oct.pdf>

Full list of organizations and services available to families from Parents of Children's Mental Health.

Maintaining Mental Wellness <https://wrspc.ca/maintaining-mental-wellness-during-covid-19/>

List of resources in Waterloo Region for Mental Wellness.

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>

Covid 19 Youth Mental Health Resource Hub

<http://sioutreach.org/>

Self Injury Outreach and Support

[Centre for Mental Health Association](#)

[School Mental Health Ontario](#)

[Starts With Me Mental Health Resources](#)

Waterloo Region Suicide Prevention Council - 519-884-0422 and email:

ebrewersingh@lutherwood.ca <http://wrspc.ca/maintaining-mental-wellness-during-covid-19/>
(many links to other relevant agencies)

[Waterloo Region Suicided Prevention Council Youth/Adult Resources](#)

[Youth at Risk \(from the Canadian Centre for Suicide Prevention\)](#)

[WRDSB Mental Health Support](#)

[Region of Waterloo Mental Wellness](#)

[Mindyourmind](#)

[TeenMentalHealth](#)

[ementalhealth](#)

[Yoomagazine](#) Sign up and enter the student code “WRDSB” to access health and wellness programs delivered through a series of interactive, online resources designed for young people.

[Your Life Counts](#) - Distress Line 519-745-1166

[Big, White Wall](#)

[Bounce Back Ontario](#)

[Woebot](#)

Outside School Resources - Sexual Health

[Lesbian Gay Bi Trans Youth Line](#) or call 1-800-268-9688 or Text: 647-694-4275 (Sunday to Friday 4pm-9:30pm ET)

- Access to confidential peer support and referral services that support the experiences of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer, and questioning youth in Ontario

Trans Lifeline - <https://www.translifeline.org/> 1-877-565-8860

Ok2bMe - <https://ok2bme.ca/> - 519-884-0000 or e-mail ok2bme@kwcounselling.com

SHORE - (Sexual Health Options Resource Education) <https://www.shorecentre.ca/> - 519-743-9360; email: info@shorecentre.ca

KWsexualhealth - <http://kwsexualhealth.com/> - 519-896-6699 (Tues-Thurs 11 am - 3 pm)
Options Clinic: 519-279-1967 (Tues-Thurs 11 am - 3 pm)

Waterloo Region Public Health - closed during Covid-19 but information is available on line <https://www.regionofwaterloo.ca/en/health-and-wellness/sexual-health-services.aspx>

Sexual Health Ontario - 1-800-668-2437 - <https://www.sexualhealthontario.ca/en/home> - chat option available during Covid-19

Food Banks

Waterloo Region Informational Page

<https://www.thefoodbank.ca/network/map/>

You type in your address and it tells you the closest food banks.

Nutrition for Learning Pop-Up Snacks

<https://www.nutritionforlearning.ca/popupsnacks/>

They make take weekly routes around our community to drop off healthy snacks

Educational

Learning Resources

Although you will be working online with your teachers, here are some additional resources:

WRDSB@Home - <https://schools.wrdsb.ca/athome/>

WRSD Library Learning Commons - <https://library.wrdsb.ca/Library/Home>

Login is the same as your PAL login

Learn At Home (Ontario website) - <https://www.ontario.ca/page/learn-at-home>

Access to Free *Nelson* Textbooks:

For grades 4-8: Username: ontario48 and Password: NelsonON123

For grades 9-12: Username: on912 and Password: NelsonON123

LGBTQ+ Resources

Name	Brief Summary	Information
Guidance Department	There are a lot of really nice and helpful staff that work in the Guidance Department at school. Feel free to reach your guidance counsellor if you need help because they are always there for you. Here is the link to their mental health page!	Contact your Guidance counsellor by email or ask your teacher to connect you!
Lesbian, Gay, Bi, Trans Youth Line	Access to confidential peer support and referral services that support the experiences of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer, and questioning youth in Ontario.	Call 1-800-268-9688 or Text: 647-694-4275 (Sunday to Friday 4pm-9:30pm ET)

<p>Trans Lifeline</p>	<p>If you identify as transgender and need to reach out to someone, this is telephone number and website that has access to counsellors and mental health resources.</p>	<p>https://www.translifeline.org/ 1-877-565-8860</p>
<p>Ok2BMe KW Counselling Centre</p>	<p>This is a local and awesome group from KW Counselling that works with elementary/high school students and our community to support our LGBTQ+ friends. Our own GSA has gone to events and done projects with this group. They are awesome and local! They have lots of services and people with lived-experiences working there. They also run fun youth LGBTQ+ events.</p>	<p>https://ok2bme.ca/ 519-884-0000 e-mail ok2bme@kwcounselling.com</p>
<p>KW Sexual Health</p>	<p>A clinic dedicated to helping people understand, navigate and aid sexual health through the use of physicians and counsellors. They also have drop in clinics available.</p>	<p>http://kwsexualhealth.com/ 519-896-6699 (Tues-Thurs 11am - 3pm) Clinic: 519-279-1967 (Tues-Thurs 11am - 3pm)</p>
<p>Sexual Health Ontario</p>	<p>This is the provincial government's website that has resources and information connecting to sexual health such as physicians, counsellors, programs, etc.</p>	<p>https://www.sexualhealthontario.ca/en/home</p>