

WINDSOR-ESSEX REGIONAL
Chamber of Commerce

Mental Health and Addictions Support for Windsor Essex

Call **211 Windsor** to speak to someone about the right type of support and direct contact information

<https://211ontario.ca/> or email info@211southwestontario.ca

Windsor-Essex Counselling Support line: 519-946-3277

Windsor-Essex Food Helpline: (888)488-1578

Seniors Call Assurance: (877)-771-2677



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Many experienced social workers, coaches, and psychologists are offering reduced fees *or* not charging right now - especially for their regular clients.

Some are also taking new clients and booking virtual appointments.

This is not advertised but call anyway and ask!

Windsor-Essex Mental Health Resources

Canadian Mental Health Association

<https://windsor-essex.cmha.ca/>

24-Hour Crisis Line: 519-973-4435

info-referral@cmha-weeb.on.ca

Mental Health Connections

<https://mentalhealthconnections.ca/>

Phone: (519) 256-4854

Community Crisis Centre

Crisis and Mental Wellness Centre

<https://www.hdgh.org/crisis>

24-Hour Crisis Line: 519-4435

Windsor-Essex County Health Unit

<https://www.wechu.org/cv/mental-health>

http://wechc.org/teenhealth_home

(519) 253 8481

The Downtown Mission

<https://www.downtownmission.com/>

Telephone: (519) 973 5573

Email: pr@downtownmission.com

Family Services Windsor-Essex

<https://fswe.ca/>

Telephone: (519) 966 5010

Email: info@fswe.ca

Distress Centre of Windsor Essex

Telephone: (519) 256 5000

Welcome Centre Shelter for Women

<http://www.well-comecentre.com/>

Telephone: (519) 971 7595

Email: info@welcomecentreshelter.com

Maryvale

https://maryvale.ca/?option=com_content&view=featured&Itemid=101

Telephone: (519) 258 0484 or (519) 258 0549

Email: cymers@maryvale.ca

Street Help

http://wechc.org/streethealth_home

Telephone: 519-997-2824

Alive! Canada - Suicide Awareness and Prevention

alivecanada@hdgh.org

Telephone: 519-973-4423

Ontario Association of Social Workers - Windsor - Southwestern Branch

<https://www.oasw.org/>

oasw.southwesternbranch@gmail.com

Recovery Canada

<https://www.recoverycanada.org/>

Telephone: 519-326-3635

211ontario.ca

United Way

www.weareunited.com

united@weareunited.com

<http://www.weareunited.com/Covid-19>

Windsor Essex Seniors Call Assurance program (WESCAP)

Telephone: 877-771-2677

Windsor Essex Counselling Support Line

Telephone: 519-946-3277 or 1-877-451-1055.

www.weareunited.com/GetHelp

Unemployed Help Centre

<https://www.uhc.ca/>

Telephone: 519-944-4900