

Accessing Community Services

During this difficult time, families require even more support. Please do not hesitate to contact any of the following organizations if you require their assistance.

Canadian Mental Health Association of Oxford County

CMHA Oxford is offering services for people of all ages and their families by telephone/virtual counselling and is accepting new referrals.

In addition:

- CMHA Oxford & Oxford Self Help is offering resources and live feeds through their Oxford Self Help Facebook Group
- Walk-In Counselling is available. Complete registration/pre-book a session by calling 1-800-859-7248, extension 210, and leave a voicemail with your name and phone number. Your call will be returned.
- Crisis & Outreach Services (Immediate assistance) can be accessed by calling Reach Out 24/7 at 1-866-933-2023
- All visitors to the Woodstock, Ingersoll and Tillsonburg offices will be screened upon arrival to determine if entering can safely be permitted

CMHA Ontario

CMHA is offering a FREE BounceBack program for adults and youth aged 15 and up who want to gain practical life skills to help manage symptoms of low mood, mild-to moderate depression and anxiety, stress or worry. There are two forms of help.

- 1) Telephone coaching and workbooks
 - a. Requires referral from a doctor or nurse or you can self-refer.
- 2) Watch online video series today
 - a. No referral required

Visit <https://bouncebackontario.ca/> to begin

Wellkin

Wellkin Child & Youth Mental Wellness is continuing to offer tele/virtual support/counselling for children ages 0-18 and their families who reside in Oxford County.

- Monday to Thursday, 8:30-4:30pm and
- Friday 8:30-4:00pm.

Please call 519-539-0463 to speak with a member of their team and complete the intake process/schedule an appointment. You can also complete the online registration at: <https://wellkin.typeform.com/to/FJvjni>

After Hours Support

In collaboration with the London Crisis & Intake Team (C-IT), the Crisis Services is available 24 hours a day, 7 days a week by calling: 519-539-0463 or 1-877-539-0463.

FREE Youth Engagement Advisory Hub starts May 7TH, 2020!

Wellkin is offering a virtual hub on Thursdays from 3:30-5:30 pm, through Zoom for youth ages 13-25. The first hour will consist of a wellness activity or information session on topics that will change every week. The second hour will be a time for peer connection led by a peer mentor, to allow youth to build connections and get connected to additional resources, coping strategies and supports. Wellkin staff will be virtually present and participating during these sessions.

Children's Aid Society of Oxford County

CAS will continue to provide child protection services for all children under the age of 18 and respond to all situations in a responsive and responsible manner.

If you have concerns related to the welfare of a child or youth, please call 519-539-6176 or 1-800-250-7010 or email info@casoxford.on.ca.

Domestic Abuse Services Oxford (DASO)

DASO is offering the following services and programs at this time:

- 24/7 crisis/support/information line
 - Please call 519-539-4811 or 1-800-265-1938 or text 519-788-9993
- Emergency shelter is available for women, children and adolescents impacted by domestic abuse and/or homelessness. To ensure the safety and security of our service users and staff team, we are practicing social distancing within the shelter which has placed some limitations on our shelter services.
- For transitional and counselling support, please call 519-539-4811 or 1-800-265-1938.

Accessing Food Supports

Woodstock

- Salvation Army
 - By appointment on Monday, Wednesday & Friday from 11:45-1:30pm
 - Please Call 519-539-6166
- Operation Sharing
 - Food cards given out on Monday, Wednesday & Friday from 9:00-12:00pm
 - Please call 519-539-3361 with any questions
- Help Your Community
 - Register online at <https://helpyourcommunity.ca/>
- Bullwinkles
 - Take out offered Tuesday and Thursday from 11:45-1:30pm for \$1
 - Take out offered Wednesday from 11:45-1:30pm for Free

Ingersoll

- Salvation Army
 - Appointment only on Tuesdays and Thursday from 12:00-4:00 pm
 - Please call 519-485-4961
- Inter-Church
 - Please call 519-933-7730 to leave a message

Tillsonburg

- Helping Hand Food Bank
 - Wednesdays from 12:30pm – 4pm
 - Please call 519-688-3434
- Salvation Army – Community and Family Services
 - By appointment only
 - Please call 519-842-4447 ext. 104 or email suzen_nagy@can.salvationarmy.org
- St. Vincent De Paul's, St Mary's
 - Emergency food only when need
 - Please call 519-842-3224
- Help Your Community
 - Register online at <https://helpyourcommunity.ca/>

- Operation Sharing
 - Food cards given out Tuesdays and Thursday 9:00 am -12:00 pm
- Help Your Community
 - Register online at <https://helpyourcommunity.ca/>