

March 23, 2020

Dear members,

These are unprecedented times and we know that everyone is feeling uncertain. We assure you that although our physical offices are closed, United Way is working hard to ensure that our community needs are being met and will continue to be met. We are working in collaboration with regional and municipal governments and agency partners, to monitor the evolving situation and respond as quickly as possible to changing needs.

If you need assistance, please dial 2-1-1 to find community resources available to you.

If you are require mental health support:

COAST 1-866-550-5205, 24 hours a day 7 days a week.

Distress Centre - St. Catharines, Niagara Falls And Area 905-688-3711

Port Colborne, Wainfleet and Area 905-734-1212

Fort Erie and Area 905-382-0689

Grimsby, West Lincoln 905-563-6674

URGENT SUPPORT: (905) 641-5222, Ext. 2231 (Monday to Friday, 11:30 a.m. – 7:00 p.m.)

MAIN LINE at CMHA: (905) 641-5222 (Monday to Friday, 8:30 a.m. – 5:30 p.m.)

If you require food assistance:

Depending on which municipality you reside, there are numerous food programs available for emergency support at this time. **Please dial 2-1-1 to find the food program available to you.**

If you are looking for any other assistance, please call 2-1-1.

2-1-1 is a database of community resources connecting people to the services they need. If you don't know who to call, call 2-1-1 first.

You can also access the database online to perform your own search for specific services.

<https://niagara.cioc.ca/>