

# Wellness Resources in Waterloo Region

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## Mental Health and Self-Care

- [Wellbeing Waterloo Region](#): A community-led initiative working together across sectors to improve wellbeing
- [Here4Help](#): A new and complimentary library of curated, best practice-based resources to help manage the stresses of dealing with COVID-19, offered and refreshed regularly by CMHA WW and community partners
- [Counselling Collaborative of Waterloo Region](#): Community-based partnership between six community counselling service providers within the region
- [FrontDoor](#): Works with parents/ caregivers, children, and youth struggling with life's challenges, offering support and next steps

## Isolation Supports

- [Support for Seniors](#): The City of Waterloo's Senior Supports, including: Older Adult Housing Directory; Active living programs; WOW Waterloo; Senior day program; Home support programs; Celebrating seniors video series
- The Friendly Voice: A phone-based general wellbeing check-in to enhance social connections and reduce loneliness in our community, staffed by trained volunteers with knowledge of local programs and services. To register, please call Carizon at 519-743-6333 and ask reception how to get started.

## Crisis Supports

If you are in crisis, please dial 9-1-1 or go to your nearest emergency department.

- [211 Ontario](#): 211 is a helpline and online database of Ontario's community and social services. When you don't know where to turn, turn to 211.
- [Here24/7](#): Here 24/7 is your front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington.
- [Community Resources](#): A list assembled by Immigration Waterloo Region of services for those facing abuse and gender-based violence
- [Crisis Supports During COVID-19](#): Carizon helps families thrive in their communities by strengthening their mental health and wellbeing

## Learn More From Erin Moraghan and the Team at Litethrive™

Erin's driving purpose is to help people find their truest, bravest path through empowered mindset and movement training within a supportive and engaged community.

The Litethrive™ team includes Erin, along with world class fitness and movement coaches, nutrition experts, therapists, mindset experts, and monthly special guests. Visit Litethrive [here](#).

## Connect with United Way

### Volunteer

Some of the ways we can offer hope during this unprecedented community crisis is by spreading some #LocalLove. Explore our [virtual volunteer opportunities](#) to find out how you and your team can give back!

### Learn More!

To learn more about what we're up to as we support our community in rebuilding and reimagining, click [here](#).