

Wellness Resources in Waterloo Region

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

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](#).