



Crisis Resource List

Canada

Government Resources

Government of Canada

- [Health Information](#) – The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak. To learn more about Canada’s COVID-19 Economic Response Plan click on the link below.
 - <https://www.canada.ca/en/department-finance/economic-response-plan.html>

Local Resources

Food Assistance

- [The Food Access Guide](#) – The Food Access Guide lists places in Hamilton, Ontario where food can be obtained for free or at low cost.
 - <http://foodaccessguide.ca/about/>
- [Food Banks Canada](#) – As the COVID-19 pandemic continues putting strains on families across the country, food banks are on the front lines, helping to ensure that vulnerable Canadians are still receiving vital food support during this difficult time. Food Banks Canada is a national charitable organization dedicated to helping Canadians living with food insecurity. Click on the link below to find a pantry near you.
 - <https://www.foodbankscanada.ca/>

General Resources

- [Public Health Agency of Canada](#) –The latest health information.
 - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- [World Health Organization](#) – Updates on COVID-19.
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- [Centers for Disease Control and Prevention](#) – Talking to children about Covid-19.
 - https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-withchildren.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html
- [Hope for Wellness Help Line](#) – 1(855) 242-3310
- [Canada Suicide Prevention Service](#) – 1 (833) 456-4566
- [Kids Help Phone](#) – Kids Help Phone is Canada’s only national helpline for young people between the ages of 5 and 20. It offers: 24-hour confidential and anonymous support, professional counsellors and online resources that provide tips and advice on the challenges that young people face – 1 (800) 668-6868
- [Assaulted Women’s Helpline](#) – 1 (866) 863-0511