

# Emergency supports still available in Kawartha Lakes

*Catherine Whitnall*

Most people don't think about where they would go for help until it's actually needed.

The following are some of the services, and how to find them, for those who may be having a difficult time dealing with the COVID-19 pandemic.

- A referral only coronavirus assessment centre is open at the Lindsay Exhibition; walk-ins are prohibited. Patients should contact the assessment centre only if referred by Telehealth, Public Health or a care provider. If a person has symptoms as indicated by the self-assessment tool [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus), they are asked to contact their primary care provider, Telehealth at [1-866-797-0000](tel:1-866-797-0000), or the HKPR District Health Unit ([www.hkpr.on.ca](http://www.hkpr.on.ca)) at [1-866-888-4577](tel:1-866-888-4577) ext. 5020. If a referral is made, call [705-328-6217](tel:705-328-6217).
- Those in need of food are asked to not go to the Kawartha Lakes Food Source or their local food bank as many have altered their hours of operation. Please check first at [www.kawarthalakesfoodsource.com](http://www.kawarthalakesfoodsource.com) and click on the 'Find a Food Bank' button or call [705-324-0707](tel:705-324-0707).
- Mental health crisis services are available from the Haliburton, Kawartha and Pine Ridge CMHA 24/7 online at [www.cmhahkpr.ca](http://www.cmhahkpr.ca) or by calling [1-866-995-9933](tel:1-866-995-9933). The mental health helpline can be reached at 1-866-531-2600. Programs and assistance are also available via [www.bouncebackontario.ca](http://www.bouncebackontario.ca).
- This is also a difficult time for children. Those wishing to speak with a mental health professional can do so via [www.kidshelpphone.ca](http://www.kidshelpphone.ca), by live chat at [1-800-668-6868](tel:1-800-668-6868) or text CONNECT to 686868.
- Women who are living in an unsafe, abusive environment, or have experienced a sexual assault, and need help are asked to call Women's Resources's 24-hour crisis line at [705-878-3662](tel:705-878-3662) or [1-800-565-5350](tel:1-800-565-5350).
- A Place Called Home's administration and outreach programs are closed and the shelter is only open to current residents. Anyone needing assistance is asked to call [705-328-0905](tel:705-328-0905) ext. 226 or e-mail [info@apch.ca](mailto:info@apch.ca). The adult trustee support can be reached at [705-878-3076](tel:705-878-3076). The youth trustee support can be reached at [705-878-6817](tel:705-878-6817).
- Those in need of food are asked to not go to the Kawartha Lakes Food Source or their local food bank as many have altered their hours of operation. Please check first at [www.kawarthalakesfoodsource.com](http://www.kawarthalakesfoodsource.com) and click on the 'Find a Food Bank' button or call [705-324-0707](tel:705-324-0707).
- Those in need of emergency food for their pet are asked to contact the Humane Society for Kawartha Lakes at [705-878-4618](tel:705-878-4618) in advance. Delivery is not available.

- Community Care Kawartha Lakes is continuing to offer some of its senior assistance programs. Assisted Living Services for High Risk Seniors, Supportive Housing, and In-Home Respite are still running, though with limited service. Personal care, security checks and essential homemaking will still be taking place in those programs. Care coordination continues and referrals are still being taken. The agency's Good Food Box for April, Home At Last and Meals on Wheels are also still running under coronavirus screening protocols. For a list of programs that are being provided by phone or referral, visit [www.ccckl.ca](http://www.ccckl.ca) or call [705-324-7323](tel:705-324-7323).