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'WE'RE SEEING PEOPLE WHO HAVE LOST HOPE'

GROUPS SEEING RISE IN MENTAL HEALTH CALLS DURING ONGOING PANDEMIC

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As the COVID-19 pandemic goes on, a local mental health agency and support centre say an increasing number of distressed residents across the region — including many in Halton Hills — are reaching out.

Dara Eisner Clancy, executive director of Distress Centre Halton, said her organization typically sees an increase in calls related to depression and isolation during the winter. However, the pandemic has amplified this situation.

According to Clancy, as the calls have risen, so too has their severity, with staff reporting greater levels of frustration and anxiety in their callers.

See RESOURCES, page 5



IMPACTING YOUR COMMUNITY

Part of the Live Answer team with Reach Out Centre for Kids (ROCK), Abigail Withers has seen a significant increase in calls for help.

Graham Paine/Metroland

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