

SYMPTOMS OF COVID-19

INDIVIDUALS ARE STRONGLY ADVISED TO CALL PUBLIC HEALTH AT 613-966-5500 OR 1-800-257-2803, FOR FURTHER DIRECTION AND GUIDANCE OR VISIT [HTTPS://HPEPUBLICHEALTH.CA](https://hpepublichealth.ca)

Children's Mental Health Services: 1-844-462-2647
Point in Time: 1-706-457-5345 (Press 8)
Four County Crisis: 1-866-955-9933

MENTAL HEALTH

Adult Mental Health and Addiction Services
CRISIS LINE - 613-967-4737 9 AM to 6 PM M to F
Those with current case managers – 613-332-3826
Central Intake– for referral to 310-OPEN (6783)
QHC Crisis Intervention Centre: 1-888-757-7766 x2753

FOOD SECURITY

North Hastings Community Cupboard
Tues 10 to 11:30 AM, Thurs 4 to 7 PM, Fri 10 to 11:30 AM
Message for delivery or other needs related to isolation 343-476-0177, northhastingscc@gmail.com, Club 580 Free Take Out Dinners
Mon - Fri 4 to 7 PM, weekend lunches 11 AM to 2 PM
Hastings Prince Edward District School Board - Food for Learning
Call 1-800-267-4350 and leave message
North Hastings Community Trust - Daily take away lunches, food through Food Share program Tues to Fri 12-3 613-332-3657
Care North Hastings - Senior Meals on Wheels 613-332-4700

INCOME SUPPORT AND EMERGENCY HOMELESSNESS

Hastings County Health and Human Services
(current clients): 613-332-3410
New intakes/Emergency Needs: 1-866-414-0300
North Hastings Community Trust: Support including Harm Reduction Supplies and Emergency Housing 613-332-3657

CHILD PROTECTION

Highland Shores Children's Aid
Families with Support Worker in our Area: 613-332-2425
Concerns to be reported: 1-800-267-0570

VIOLENCE AGAINST WOMEN

Maggies Resource Centre: 613-332-3010; crisis counselling, transportation to a safe place, 24 hr emergency supports
Three Oaks Shelter: 1-800-267-0533, crisis counselling, safety planning, emergency shelter for women fleeing violence.

MEDICAL NEEDS

Bancroft Community Family Health Team (current patients): 613-332-1565
Good Doctors Bancroft: text 705-910-7799 or call 888-930-6571
Maples by Shoppers: <https://www.facebook.com/getmaple/>
Telehealth Ontario 1-866-797-0000

FOR FAMILY SUPPORT OR ASSISTANCE PLEASE EMAIL OFFICE@NHCS.CA