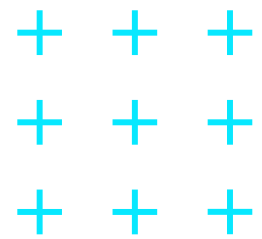


Sarnia-Lambton



RESOURCES AVAILABLE DURING THE COVID-19 PANDEMIC

ST. CLAIR CHILD AND YOUTH SERVICES

Providing mental health counselling or consultation via telephone for those ages 0-17 years of age.

Call 519-337-3701

REBOUND

Offering telephone support to high risk and/or vulnerable clients.

Call 519-344-2841

CHILDREN'S AID SOCIETY SARNIA-LAMBTON

To seek services or to report a child safety concern.

Call 519-336-0623

DISTRESS LINE SARNIA-LAMBTON

A free, telephone crisis support service for persons in Sarnia Lambton who need:

- Reassurance
- Information
- Support
- Referral/or vulnerable clients.

Call 519-336-3000 or 1-888-DISTRES

KIDS HELP PHONE

Canada's only 24/7, national support service. We offer professional counselling, information & referrals and volunteer-led, text-based support to young people in both English and French.

Call 1-800-668-6868

INN OF THE GOOD SHEPHERD

Food bank is operating normal hours Monday-Friday, but only 2 users can be in the area at the same time.

115 John Street
Sarnia, Ontario
N7T 1Z3
519-344-1746

SALVATION ARMY

Food bank is by appointment only.

970 Confederation St.
Sarnia, ON, N7S 1A1

Call 519-344-1142

