

[HWAS@niagaracollege.ca](mailto:HWAS@niagaracollege.ca)

The email is for both campuses.

Ext 7778 Welland

Ext 4409 NOTL

We are offering telephone appointments for mental health and support, as well as accessibility services and learning support

## **Resources:**

### **FOOD:**

<https://www.yourncsac.ca/groceryhelp>

for students outside of Niagara I did find this: <https://foodbankscanada.ca/>

### **Crisis Mental Health:**

**GOOD2Talk:** <https://good2talk.ca/>

Text: 686868

Call: 1-866-925-5454

**COAST:** Call COAST at **1-866-550-5205**, and press 1.

### **Distress Centre:**

For immediate help in the Niagara Region please call our 24 hour crisis line

- St. Catharines, Niagara Falls And Area – **905-688-3711**
- Port Colborne, Wainfleet and Area – **905-734-1212**
- Fort Erie and Area – **905-382-0689**
- Grimsby, West Lincoln – **905-563-6674**

### **Domestic Violence:**

**Gillian's Place:** 24/7 call or text: 905-684-8331

### **Addiction:**

CASON is doing phone appointments now:

<http://cason.ca/>

905-684-1183