



# COVID-19

## HELP FOR SENIORS 55+ ST. THOMAS & ELGIN

Need emergency food or  
mental health support?

For questions, helpful information and local support services call:

### Grocery delivery & meal service



Call 1-888-866-7527

Community Support Services Network

Mon–Fri | 8:30am–4:30pm

Grocery delivery, prepared meals,  
transportation and other community supports  
for low-income and/or isolated seniors.

### The Support Line



Call 519-601-8055 or 1 (844) 360-8055

CMHA Elgin

7 days/week | 24hrs/day

Timely, safe and responsive listening and  
support for people experiencing mild to  
moderate distress.

### Friendly Callers – Senior Support Program



Call 519-434-9191 ext. 2223

CMHA Elgin

Mon–Fri | 8:30am–7:30pm

Provides seniors with friendly weekly calls and  
referrals to services and social supports in  
their community.

### 211 Ontario



Call 2-1-1

7 days/week | 24hrs/day

Information about local social,  
government and health services.  
Available in 100+ languages.



**United Way**  
Elgin Middlesex  
unitedwayem.ca

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada**