

# If a constituent is calling you looking for support with:

- COVID-19 relief programs
- Unemployment services
- Homelessness or housing
- Income support
- Employment training
- Legal services
- Healthcare
- Addictions
- Newcomer supports
- Seniors supports
- Programs for youth
- Indigenous-specific programs
- Domestic violence
- Mental health

**Tell them to dial 2-1-1.**

REMEMBER: If someone is calling you in crisis and they are concerned about their safety or the safety of others, ask them to hang up and call 9-1-1.



HELP STARTS HERE



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