



Community Connections and Support

These are some of the services available in the Kingston area. For a more comprehensive list check the United Way's website: [UnitedWayKFLA.ca/COVID-19-Supports](https://www.unitedwaykfla.ca/COVID-19-Supports)

Friendly Check in Calls:

St Vincent de Paul: "Neighbour to Neighbour" **613-766-8432**

Council on Aging: "Sunshine Calls" **613-542-1336**

Integrated Care Hub:

HARS/KCHC 661 Montreal Street
23 hrs day/7 days week rest zone, meals, harm reduction, consumption & treatment

Resolve Counselling Services:

9:00 a.m. - 5:00 p.m. phone counselling for youth, adults, families, individuals **613-549-7850**

Financial and Credit Counselling:

1-800-379-5556

Addictions and Mental Health Services:

24/7 Crisis Phone Lines Kingston & Frontenac: **613-544-4229** or toll-free **1-866-616-6005**

Maltby Centre - Children & Youth Mental Health:

Call **613-546-8535** or **1-844-855-8340** or inquiry@maltbycentre.ca

Crisis after-hours line: **613-544-4229**

Housing Help Centre:

Home Base Housing. Call: **613-542-6672**

Family & Children Services KFL&A:

Open and reachable by phone 24/7. Call: **613-545-3227** or toll-free **855-445-3227**

Kingston Interval House:

24/7 Services for women, children and youth experiencing violence and abuse. 24/7 Crisis Line: **613-546-1777** or **1-800-267-9445**

Sexual Assault Centre Kingston:

24/7 crisis and support line **613-544-6424** or **1-877-544-6424**

Chat/text crisis line accessible noon to midnight www.webelievesurvivors.ca/

Street Health Services:

115 Barrack St.; **613-549-1440**. Access to same day or next day addiction medicine, counselling, primary care and other services for those who use substances.

(Mon.- Fri. 9:00 a.m. - 4:00 p.m.
Sat. & Sun. 9:00 a.m. - 1:00 p.m.)

Kingston Community Legal Clinic:

613-541-0777

HIV/AIDS (HARS):

844 Princess Street Counselling, education, LGBTQ support and other services **613-545-3698**

211:

Please **call 2-1-1** from any phone free of charge for information about community services



United Way
Kingston, Frontenac,
Lennox and Addington