



# MESSAGE FROM REEVE KIDD

May 13th, 2020



## COVID-19—Update #15—Mental Health

These are stressful times. If you or your family members need mental health support, here are some key resources compiled by the County of Lanark:

### Mental Health Pandemic Helpline

1-833-283-9979

Monday through Thursday, 8 a.m. to 8 p.m. &  
Friday 8 a.m. to 4 p.m.

An expanded service provided by Lanark County Mental Health for anyone experiencing difficulties coping with their mental health or looking for strategies to improve their emotional well-being during the COVID-19 Pandemic. Open to anyone seeking strategies and supports to help them with the mental, emotional and practical challenges of this situation. No shame or judgment.

**Lanark County Mental Health:** Access to mental health crisis services through LCMH remains available by phone Monday to Friday 8 a.m. to 4 p.m. by calling 613-257-5915. After hours, clients may contact the Lanark Leeds and Grenville Crisis Line at 1-866-281-2911

### Open Doors for Lanark Children and Youth – Under 18:

Offices are closed; however, e-mail and phone are available Monday to Friday, 8:30 a.m. to 4:30 p.m.

Carleton Place – 613-257-8260

Smiths Falls – 613-283-8260

Perth – 613-264-1415 o Toll Free – 1-877-232-8260

They also have a range of mental health wellness information available online:

Visual and newsletter materials: <https://www.opendoors.on.ca/>

Messages from our youth: <https://www.opendoors.on.ca/messages-from-our-youth>

Wellness Wednesday videos: <https://www.opendoors.on.ca/wellness-wednesday-videos>

Facebook: <https://www.facebook.com/OpenDoorsforLanarkChildrenandYouth>

### Lanark, Leeds & Grenville Mental Health and Addictions:

Check <https://llgamh.ca/> or call 613-342-2262 ext. 1 or 613-283-7723 ext. 300

### Kids Help Phone:

24/7 support service. Professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Call 1-800-668-6868. Text CONNECT to 686868 or visit <https://kidshelpphone.ca>

### A Friendly Voice:

Service for seniors (over age 55) – call 613-692-9992 (Ottawa area), 1-855-892-9992 (outside of the Ottawa area). Run by trained volunteers.  
services.

*Sincerely,  
Reeve Richard Kidd*