



COVID-19

HELP FOR SENIORS 55+ LONDON & MIDDLESEX

Need emergency food or
mental health support?

For questions, helpful information and local support services call:

Grocery delivery & meal service



Call 519-673-6617

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 Middlesex

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 Middlesex

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 or TTY 1-888-340-1001

7 days/week | 24hrs/day

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



United Way
Elgin Middlesex
unitedwayem.ca

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Canada