

Keep in touch and stay connected...

# Help!! Who you gonna call?

## HELP FROM SCHOOL FOLKS

“I was connected with someone at school and want to talk to that same person.”

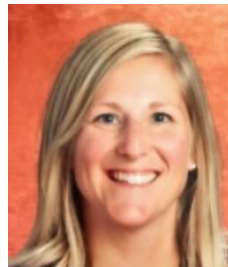
### Adolescent Care Worker/Social Worker

Appointments by phone or email

Emma-Jane: [hamiltone@limestone.on.ca](mailto:hamiltone@limestone.on.ca)

Kristie: [timminsk@limestone.on.ca](mailto:timminsk@limestone.on.ca)

Dee: [chambersd@limestone.on.ca](mailto:chambersd@limestone.on.ca)



### Student Services—timetables, course planning, post-secondary, IB, dual credits, co-op

Make appointments

using the link on [the website](#)

or email your person directly.

[@limestone.on.ca](mailto:)



[morrispocob@](mailto:morrispocob@limestone.on.ca)



[davish@](mailto:davish@limestone.on.ca)



[fergusonta@](mailto:fergusonta@limestone.on.ca)



[garrodwg@](mailto:garrodwg@limestone.on.ca)

### LPS/Success—IEPs, advocacy, tutoring, scaffolding.

Make appointments

using the link on [the website](#)

or email your person directly.

[@limestone.on.ca](mailto:)



[forde@](mailto:forde@limestone.on.ca)



[huskilsonh@](mailto:huskilsonh@limestone.on.ca)



[stewarthe@](mailto:stewarthe@limestone.on.ca)



[halejr@](mailto:halejr@limestone.on.ca)

The resource room is going to be “open” in a meet each day from 1:30-2:30 if you want to drop in. [Click here to join.](#)

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## HELP FROM IN THE COMMUNITY

\*\*\*there is a very extensive list posted on the [LDSB website](#).

Get help fast! [www.kidshelpphone.ca](http://www.kidshelpphone.ca) to message or text

**1-800-668-6868**

**Kids Help Phone** 



Mental health supports for youth up to 24 years of age.

[www.maltbycentre.ca](http://www.maltbycentre.ca) or 1-844-855-8340

Crisis numbers: Monday to Friday 613-546-8535—tell the operator it's urgent

After hours 613-544-4229

One Roof—drop-in, counselling, housing, LGBTQ+

[www.oneroofkingston.com](http://www.oneroofkingston.com) to fill out a contact request



Sexual Assault Crisis Kingston—free, confidential, support for all survivors 12+

<https://www.sackingston.com/> - **1-877-544-6424**

Addition and Mental Health Services—additions, crisis lines, safe bed

**613-544-4229**—24 hour crisis line

613-354-7388—Kingston and Frontenac <https://www.amhs-kfla.ca/>



United Way Kingston—food, connections, additions, seniors, housing.

<https://www.unitedwaykfla.ca/covid-19-supports/>