



SUPPORTS AND SERVICES FOR INTERNATIONAL AGRICULTURAL WORKERS



Community Connection and Support

Diocese of London Migrant Worker Ministry

Celebration of mass (in Spanish), transportation, hospitality, spiritual assistance and support

Call: 519-433-0658 Ext. 238

Covenant Christian Church

Call to book an appointment or for information about the centre

Call: 519-845-0758

Forest Baptist Church

Call: 519-786-3480

Follow their Facebook page:
[search/click: 'Forest Baptist Church'](#)

Follow their YouTube channel:
[search/click: 'Forest Baptist Church'](#)

Legal Aid Ontario

Find the nearest legal aid office

Call Toll-Free: 1-800-668-8258

- Monday to Friday from 8 a.m. to 7:30 p.m.
- Once you have reached a telephone agent, you can ask for services in other languages



Health Care Services

Bluewater Health

Call: 519-464-4400 Ext. 5376

Follow their Facebook page:
[search/click: 'Bluewater Health'](#)

Follow their YouTube channel:
[search/click: 'Bluewater Health'](#)

North Lambton Community Health Centre

Call to book an appointment or for information about the centre

Call: 519-786-3023

Follow their Facebook page:
[search/click: 'North Lambton Community Health Centre'](#)

East Lambton Community Health Centre

Call to book an appointment or for information about the centre

Call: 519-333-2747

West Lambton Community Health Centre

Call to book an appointment or for information about the clinic

Call: 519-344-3017

Follow their Facebook page:
[search/click: 'WestLambton Community Health Centre'](#)

Erie St. Clair LHIN Clinic Sarnia

Call to book an appointment or for information about the clinic

Call: 519-337-1000

Telehealth Ontario

Call for health advice or information, 24/7
It is free and confidential

Call: 1-866-797-0000

- Once you have reached a telephone agent, you can ask for services in other languages



Workplace Health and Safety Support

Occupational Health Clinics for Ontario Workers (OHCOW)

Occupational Health and Safety information and support

Call/WhatsApp: +1-289-684-2821

Email: mfw@ohcow.on.ca

Follow Us on Facebook
[search/click: 'OHCOW Ag-Program'](#)

Workplace Safety & Prevention Services (WSPS)

Health and Safety information and Training:
Agriculture & Horticulture Safety Centre

www.wspcs.ca/agriculture-safety-centre

WSIB

For injury or illness at the workplace (including COVID-19) you are eligible to receive benefits and services if your claim is authorized.

Call toll free: 1-800-387-0750

Info guide: [Click Here](#)

COVID Video: [Click Here](#)

Ontario Ministry of Labour, Training and Skills Developing (MLTSD)

If conditions at your workplace are unsafe

Call: +1-877-202-0008

- Press 2 to report a complaint (including COVID-19 concerns)
- Once you've reached a telephone agent, you can ask for services in other languages
- Info poster (click): [Health & Safety at Work \(ontario.ca\)](#)

If you have a problem with your pay, your hours of work, or if you are being treated unfairly

Call: +1-800-531-5551

- Once you've reached a telephone agent, you can ask for services in other languages
- Info poster (click): [Employment Standards in Ontario](#)



Getting Help for Stress and Worry

Watari Migrant 2 Migrant Program

Telephone support & free counselling services

Call: 236-858-5562
604-782-5084

Follow their Facebook page:
[search/click: 'Watari Counselling and Support Services'](#)

Social Services in Lambton County

Free mindfulness and meditation sessions and support

Call: 519-344-2062 Ext. 2100

ConnexOntario

FREE service that is available to listen, provide support, and connect you to other services in your region

Call: +1-866-531-2600

- Available 24/7
- Interpretation support available, ask for your language of preference

Canadian Mental Health Association Lambton-Kent

Provides services and facilitates access to resources to maintain and improve mental health. CMHA Lambton Kent has a 24/7 Mental Health First Response Team that is available every day, even on holidays and weekends. It's never too early to reach out for help

Call: Chatham Region +1-866-299-7447
Sarnia Region +1-800-307-4319

Follow their Facebook page:
[search/click: 'Canadian Mental Health Association Lambton-Kent'](#)



Reporting Situations of Abuse or Emergency

If you are facing abuse as a temporary foreign worker call Service Canada's telephone tip line

Call: +1-877-202-9448

- Once you have reached a telephone agent, you can ask for services in other languages

In An Emergency Call 911 (Ambulance, Police, Fire)

Translators are available 24/7 in over 240 languages

Call: 9-1-1

If you think that you, or someone you know, are a victim of human trafficking call the Canadian Human Trafficking Hotline toll-free

Call: +1-833-900-1010

- Hotline Response Advocates are available 24/7