

Mental Health and Psychosocial Supports for Ontario International Agricultural Workers



Community Connection and Support

Socialize, connect to recreational activities and events, get information, and connect to local services



Health Care Services

Call to make a health care appointment (private and confidential)



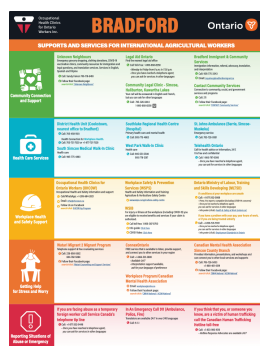
Getting Help for Stress and Worry

You are not alone. If the stress and worry feel like too much to handle, ask for professional help

Regional Resource Posters

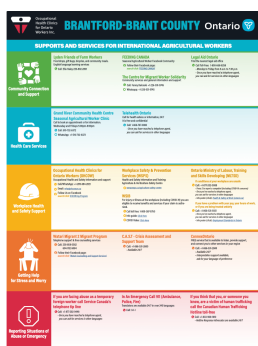
Learn more about available resources in your area using the following posters:

Bradford



[English](#) | [Espanol](#)

Brantford-Brant County



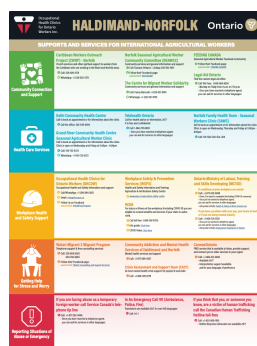
[English](#) | [Espanol](#)

Durham Region



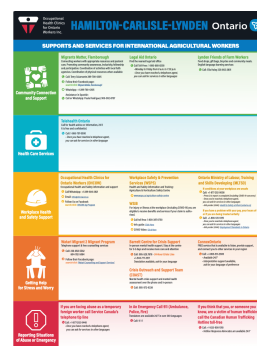
[English](#) | [Espanol](#)

Haldimand-Norfolk



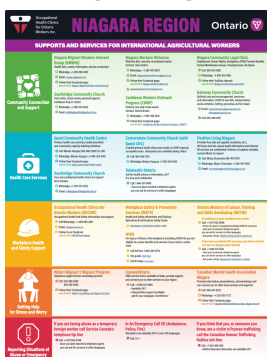
[English](#) | [Espanol](#)

Hamilton-Carlisle-Lynden



[English](#) | [Espanol](#)

Niagara Region



[English](#) | [Espanol](#)

Windsor-Essex



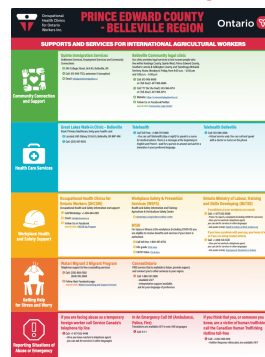
[English](#) | [Espanol](#)

Sarnia-Lambton



[English](#) | [Espanol](#)

Prince Edward County - Belleville Region



[English](#) | [Espanol](#)

Did we miss something? Was this resource helpful?
Let us know: text +1 289-684-2821 or email mfw@ohcow.on.ca



Occupational
Health Clinics
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Ontario