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
Brantford-Brant County
Durham Region
Haldimand-Norfolk
Hamilton-Carlisle-Lynden
Niagara Region
Windsor-Essex
Sarnia-Lambton
Prince Edward County – Belleville Region

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