

# COMMUNITY CRISIS CENTRE:



HÔTEL-DIEU GRACE HEALTHCARE  
ESTD 1888

**24 Hour Crisis Line - (519) 973-4435**

- **24/hr**
- **7 days a week, 365 days a year**
- **Crisis support; resource recommendations; connected to the crisis center at Windsor Regional Ouellette Campus**

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# DISTRESS CENTRE:



WINDSOR-ESSEX  
COUNTY

**519-256-5000**

- **12 pm (noon) – 12 am (midnight)**
- **7 days a week, 365 days a year**
- **Support for distress; resource recommendations; if you just need someone to talk to; crisis support**