

## Supports for Website:

- Housing/Homelessness
  - The Shelter House at 420 George Street is available to all. Call for the office 807-623-8182 or 807-620-7678 for the SOS Team. Find more information on their website: [Shelter House - Food. Shelter. Hope.](#)
  - Faye Peterson House is a shelter for women and children. Call their Crisis Line at 807-345-0450 or text 807-700-5011. Find their website here: [www.fayepeterson.org](http://www.fayepeterson.org)
- Food/Food Security
  - The Dew Drop Inn has bagged lunch available 9-3:30 PM and hot takeout available 12:30-3:30 PM seven days a week. Find the Dew Drop at 292 Red River Road, 807-346-0809
  - In need of food? Call 211 to be connected to a food bank.
- Mental Health/Addictions
  - Thunder Bay Counselling offers a free Talk-In Counselling Clinic; call 807-700-0090 for free, same day counselling at various times throughout the week. Find out more at their website: <https://www.tbaycounselling.com/walk-in-counselling/>
  - Thunder Bay Counselling also offers a free Alcohol and Other Drugs Program, call 807-684-1880 or visit <https://www.tbaycounselling.com/addiction-mental-health/> for more addictions help.
- Financial and Tax Help
  - Help with budgeting and accessing COVID-19 financial supports are available through Thunder Bay Counselling. Call 807-684-1880 or fill out contact form available on their website [Financial Counselling - Thunder Bay Counselling \(tbaycounselling.com\)](http://tbaycounselling.com)
  - Need help with your income taxes? Lakehead Social Planning Council has an Income Tax Clinic. Call 807-624-1720 to receive help over the phone. View details at their website [Income Tax Clinic | Lakehead Social Planning Council \(lspc.ca\)](http://lspc.ca)
- COVID-19
  - Find the latest information on the COVID-19 vaccine on the Thunder Bay District Health Unit's immunization clinics page: [TBDHU COVID-19 Immunization Clinics | Thunder Bay District Health Unit](#)

- Find daily updates on the status of COVID-19 in the Thunder Bay District by visiting the news section of the Thunder Bay District Health Unit's website:  
<https://www.tbdhu.com/news>
- If you need any other help, call 211. 211 will be able to direct you to any services you may need.