



December 6, 2021

Dear Resident,

As Mayor of Delta, I recently attended a Mental Health Forum hosted by The Harmony Initiative Society, along with mental health advocates living and working in Delta. Forum participants highlighted the exacerbating impact of the COVID-19 pandemic on pre-existing mental health and addiction challenges, and agreed that information should be provided to Delta residents regarding resources available in our community.

The COVID-19 pandemic has challenged all of us in many different ways. Whether you are a parent, youth, senior, or a newcomer resident, there have been financial, physical and emotional effects brought about by pandemic lockdowns, restrictions and ongoing uncertainty.

It is not surprising that many people have felt stressed, anxious, and even depressed. It is normal to feel this way as we adjust to new ways of living, working and socialising. I am proud to live in a compassionate, resilient community where we help and care for each other. In this spirit, I encourage you to reach out to your neighbours, friends, and colleagues, and ask how they are doing. A simple question can go a long way to making people feel that they matter and someone cares.

If you or somebody you know is struggling with mental health related issues, I urge you to seek help. There are many free resources available to you that can be accessed via the City of Delta's website:

- End the Stigma Public Awareness Campaign <https://delta.ca/endthestigma>
- COVID-19 FAQ – Social Services <https://delta.ca/covid19faq>

Additionally, the City of Delta's 'You Matter to Delta' guide provides community emergency resources and supports available in Delta. The guide is attached to this letter and can be found at our facilities, libraries, and on Delta's website: <https://delta.ca/socialservices> or you can call City Hall directly and ask for help – 604-946-4141.

The Province of British Columbia, Fraser Health Authority and other community partners also have developed various free online supports, including:

- **Wellbeing website:** features a BC guided search tool that helps users find a curated, personalized list of mental health and other services based on answering simple questions about who they are and what they need. <https://wellbeing.gov.bc.ca/>
- **BC Virtual Mental Health Supports:** virtual services are available for British Columbians who are experiencing anxiety, depression or other mental health challenges. <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports>
- **Foundry Virtual:** offers virtual drop-in counselling sessions, youth and caregiver peer support, primary care and group offerings to young people ages 12-24 and their caregivers. <https://foundrybc.ca/virtual/>

To find any social services in Delta, you can call or text 2-1-1. If you are in an emergency situation, call 9-1-1. For mental health support, call the Crisis Line at 1-800-SUICIDE (1-800-784-2433) or the Mental Health Support Line at 310-6789 (no area code needed).

We all can use a little bit of kindness in our lives. As we continue our efforts to respond to the pandemic and work to recover from it, I encourage you to be kind to yourself and others and to seek help as needed.

Yours truly,



George V. Harvie
Mayor of Delta

YOU MATTER TO DELTA

Delta

Need emergency housing?
Worried about your next
meal? Senior and feeling
isolated? Need help?

**You are not forgotten.
You are not alone.
You matter.**

This pocket guide provides
information about emergency
supports and community
services in Delta.

*More information on services
in Delta is available at
Delta.ca/socialplanning.*

CALL 911

- if you have an immediate
emergency.

CALL 811

- if you require non-emergency
health information.

CALL 211

- if you need information about
services or programs in BC.
Help is available 24/7
in multiple languages.



Need Shelter for Tonight?

*There are supports to help you
to stay warm and safe.*

Nov 1 to Mar 31

Extreme Weather Shelter is
open at Ladner United Church
(4960 48 Ave, Delta).
If shelter is full, call bc211.

*The shelter is only open during
extreme weather events.*

Apr 1 to Oct 30

Call bc211 for a list of
open shelters.



Extreme Weather Shelter

NORTH DELTA

For updates about the
North Delta Extreme
Weather Shelter visit:
Delta.ca/shelter.

LADNER

- 📍 4960 48 Ave, Delta
- ☎ 604-599-8900 for options
- 🚌 Public transit (bus):
601 Ladner-Tsawwassen



Need Access to Emergency Housing and Other Supports?

Want to know about your housing
options and need some immediate
assistance?

- Mobile Outreach Team:
☎ 604-765-6751
✉ hylandoutreach@options.bc.ca

Need access to free internet and
computers? Visit your local libraries.

- **North Delta:** George Mackie Library
8440 112 St, Delta | 604-594-8155
- **Ladner:** Ladner Pioneer Library
4683 51 St, Delta | 604-946-6215
- **Tsawwassen:** Tsawwassen Library
1321 56 St, Delta | 604-943-2271



Are You a Senior?

*Feeling lonely, isolated?
Looking for help?*

- **Call the Seniors Distress Line:**
604-872-1234
- **Call Seniors Support Coordinator,
City of Delta:** 604-787-1242
- **Call the Seniors Services Office,
Deltassist:** 604-946-9526
(Essential Seniors Services)
- **Live in South Delta?**
**Call the Seniors Community
Connector, KinVillage:** 236-880-4120
(Social Prescribing Program)
- **Live in North Delta?**
**Call Seniors Community Connector,
DIVERSEcity:** 604-507-2266
(Social Prescribing Program)



Using Drugs? Get Supports You Need.

*This community cares about you
and wants you to stay safe.*

Using alone and have a phone?

Download the Lifeguard app. It can save your life. It will connect to 9-1-1 automatically in the event of a potential overdose.

Need to access safe alternatives to the toxic drug supply? Call 8-1-1 for non-emergency health information.

Little House Society offers 4 free counselling sessions to Delta residents struggling with substance use disorders and their family members. Call 778-434-3119.

Deltassist provides free counselling to Delta residents using substances and their close family members. Call 604-594-3455.



Need Access to an Emergency Food Hamper?

Every Wednesday, 9am to 11am

South Delta Food Bank
at Lighthouse Church
5545 Ladner Trunk Road | 604-946-1967

Every second Tuesday, 10am to 12pm

North Delta Food Bank Depot
at Northside Community Church*
11300 84 Avenue | 604-581-5443

Monday - Friday, 9am to 4:30pm

Deltassist | Free emergency food bags
604-594-3455

Every first and third Sunday, 2pm

Crossroads United Church
Free fresh produce hamper
7655 120th Street | 778-593-1043

**Registration is required - call to register.*



Worried About Your Next Meal?

*There are places in Delta and nearby
in Surrey that provide free food meals.*

Once a month on Tuesdays

All Saints Anglican Church
4755 Arthur Drive, Delta | 604-946-8413

Monday - Friday

Guru Nanak Food Bank
101-15199 68 Ave, Surrey | 604-537-1440

First and third Saturday of the month

Muslim Food Bank
104-12941 115 Ave, Surrey
1.866.248.3868 Ext 1

Monday - Friday

Free Hot Pre-packaged Vegetarian Meals
101-15199 68 Ave, Surrey

Call for exact dates and hours of operation.



Using Substances? Know Somebody Who Does? Be Prepared.

Get Your FREE Naloxone Kit in Delta:

Naloxone, also known as Narcan, is a safe and highly effective medication that reverses the effects of opioid overdose.

- **Lookout Mobile Harm Reduction Outreach Team** | 604-328-7610
Additional services: drug checking, sharps disposal, and other services.
- **South Delta Public Health Unit**
1826-4949 Canoe Pass Way
604-952-3550
- **North Delta Public Health Unit**
11245-84th Ave | 604-507-5400
Additional services: drug checking.
- **Deltassist** | 9097 120 Street
604-594-3455 | Provides kits and training.



Not Feeling Safe? Been a Victim of Crime or Abuse?

Crisis 24/7 Line

Fraser Health:
604-951-8855 | 1-877-820-7444
Crisis Centre BC: 604-872-3311

Emergency housing for women and children fleeing violence in relationships

Azure Place – Delta Transition House
for Women
604-957-1556 | winqshc@azureplace.org

Delta Police Victims Services

604-940-5019
victimservices@deltapolice.ca

Deltassist wraparound services to victims of abuse/assault and their families

604-594-3455 | janiceh@deltassist.com