

The Distress Centre of Windsor-Essex County:

Provides

emotional support, crisis intervention, suicide prevention, and community referrals, by telephone to all individuals in need of support.

Respects

people's ability to make their own decisions on the issues that affect their lives while providing them with the support and time to work through these issues.

Listens

to callers who are depressed, lonely, afraid, unsure, or just needing to talk to someone anonymous who is empathetic and non-judgmental.

The Distress Centre of Windsor-Essex County is a proud funded partner of the United Way of Windsor-Essex County, a partner of the Community Crisis Centre of Windsor-Essex County and Alive! Canada and a Member of Distress Centres Ontario.



519-256-5000

Sometimes talking helps!



12 noon – 12 midnight 365 Days a Year

www.dcwindsor.com

Calls generally fall within four categories:

Information and Referral

assistance in helping find emergency accommodations, professional counseling, and other community resources.

Support Calls

individuals who are isolated and having difficulty coping and need to connect with someone they feel comfortable talking to.

Distress calls

individuals who are experiencing problems in their family, school, and/or work lives; often experiencing anxiety or some form of depression.

Crisis calls

Individuals in extreme distress and/or personal safety is endangered; problem solving and coping becomes difficult and intervention may be required.



Donations to The Distress Centre of Windsor-Essex County

Why Donate?

- Help us save lives
- Help train mature, responsible and empathetic volunteers
- Help ensure continuation of service to the Windsor-Essex Community

How to Donate?

- Donate Online at:
www.dcwindsor.com/donate
- Cheques can be Mailed to:
P.O. Box 2025
Windsor, ON
N8Y 4R5
- Tax receipts for online donations at www.dcwindsor.com/donate are emailed immediately; tax receipts for cheques are mailed at year end



Volunteer Put Yourself on the Line Make a Difference!

Benefits of Volunteering:

- Help others to help themselves
- Learn valuable/transferable skills
- Network with community partners
- Gain “hands on” experience

Training Provided:

- Active/Empathetic Listening
- Communication Skills
- Problem Solving
- Crisis Assessment /Intervention
- Suicide Assessment/Intervention
- Life Skills

To apply for the Distress Centre Volunteer Training Program:

Email: DistressCentreWE@gmail.com
(Early September, January and May)

Phone: (519) 256-5000



**WINDSOR-ESSEX
COUNTY**

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519-256-5000

**FREE, ANONYMOUS,
CONFIDENTIAL**



DONATE



CALL



VOLUNTEER

Emotional Support
Crisis Intervention
Suicide Prevention
Community Referrals

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