



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.

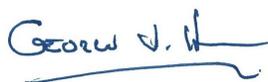
The Province of British Columbia, Fraser Health Authority and other community partners also have developed various free online supports, including:

- **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](http://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](http://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](mailto: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](mailto:winqshc@azureplace.org)

### Delta Police Victims Services

604-940-5019  
[victimservices@deltapolice.ca](mailto:victimservices@deltapolice.ca)

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

604-594-3455 | [janiceh@deltassist.com](mailto:janiceh@deltassist.com)