

A message from Interfaith Community Counselling

Updated: Friday March 20, 2020

At Interfaith Counselling Centre, our priority is for the safety and wellbeing of staff, clients and our community. We are committed to doing our part to keeping people across the Wilmot Township and Waterloo Region safe while still offering mental health supports to those who need them.

We are offering ongoing counselling and support to individuals and families through telephone and video counselling. There will be no fees charged to clients' for telephone and video counselling through April 5th. We will contact individuals who have scheduled appointments and make telephone or video arrangements. In exceptional circumstances, we can provide face-to-face clinical counselling for pre-arranged appointments, provided clients pass our pre-screening. While our sites are currently open, we are encouraging people who need mental health supports to call us to make a telephone or video appointment. Please call (519) 662-3092 to book a counselling appointment. All clients and employees entering any Interfaith Counselling Centre sites must pass stringent pre-screening before they are permitted to enter.

Not sure what to do? Call us at 519-662-3092 for advice.

In Addition, here is a facebook posts we are putting up today,

Mental health support at your fingertips! We know isolation and social distancing can be hard and we're here to help by offering complimentary counselling sessions via phone and video chat – completely free of charge until April 5th. To book your free session, please call (519) 662-3092

ICC and the Counselling Collaborative of Waterloo Region (www.counsellingwr.ca) have partnered with the Local Health Integration Network to provide free counselling sessions via phone or video chat until April 5th.

Please note, sessions via phone or video are for those seeking support for mild to moderate symptoms of anxiety, depression and stress. For those experiencing severe symptoms or in crisis please contact Here 24/7 at 1-884-437-3247 (Here247).