Q4 2026

CRISIS SUPPORT SERVICES

Nonprofit Alliance OF BERMUDA

Champion. Strengthen. Unify.

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Introduction

If you or a loved one find yourself in extreme financial hardship, there are support services to assist. Whether you need a hot meal, help with groceries, medication support for your family, or someone to talk with to help with feelings of stress and anxiety, this list will help guide you to short-term crisis community resources. Unless stated, all services are free of charge and operate on a first-come, first-served basis. Some services may require registration, photo ID, and proof of circumstances. Note this is NOT a comprehensive list of helping services. This list was created in partnership with the **Association of Food Aid Providers** and specifically intended for immediate crisis support services for those experiencing extreme hardship.

For a comprehensive list please visit helpingservices.bm

Assoc. of Food Aid Providers' Weekly Calendar of Offerings

MONDAY

- HOME: Breakfast 8:00am-9:00am
- Christ Church Warwick: Lunch 11:30am-12:30pm
- HOME: Lunch 12pm-1pm
- Salvation Army Street Ministry (Soup Truck) 4:30pm-6:30pm
- Salvation Army North St. Citadel: Booth Bistro Feeding Programme 5pm-6pm

TUESDAY

- HOME: Breakfast 8:00am-9:00am
- Salvation Army North St. Citadel: Food Bank 9:30am - 1:00pm
- The Cathedral - Brunch 10am-11:30am
- Salvation Army Street Ministry (Soup Truck) 4:30pm - 6:30pm
- Salvation Army North St. Citadel: Booth Bistro Feeding Programme 5pm-6pm
- Eliza DoLittle: pre-registered grocery bags = currently full

WEDNESDAY

- HOME: Breakfast 8:00am-9:00am
- Salvation Army St. Georges: Coffee, Continental Breakfast & Fellowship 9am -12pm
- Salvation Army St. Georges: Food Bank 9am -12pm
- Salvation Army North St. Citadel: Food Bank 9:30am - 1:00pm
- HOME: Lunch 12pm-1pm
- Christ Church Warwick: Lunch 11:30am-12:30pm
- Salvation Army West End CC: Food Bank 4pm-5:45pm
- Seventh Day Hamilton: Dinner 4pm-530pm
- Seventh Day St. Davids: Takeout meals 4pm-6pm
- Seventh Day Pembroke: 2nd & 4th Wednesday, takeout meals 4pm-630pm
- Salvation Army Street Ministry (Soup Truck) 4:30pm - 6:30pm
- First Baptist: 3:30pm - 5pm (until meals run out)
- Eliza DoLittle: pre-registered grocery bags = currently full

THURSDAY

- HOME: Breakfast 8:00am-9:00am
- The Cathedral - Brunch 10am-11:30am
- Salvation Army North St. Citadel: Food Bank 9:30am - 1:00pm
- Seventh Day St. Georges: Takeout meals 4pm-6pm
- Salvation Army Street Ministry (Soup Truck) 4:30pm - 6:30pm
- Salvation Army North St. Citadel: Booth Bistro Feeding Programme 5pm-6pm
- Eliza DoLittle: pre-registered grocery bags = currently full

FRIDAY

- HOME: Breakfast 8:00am-9:00am
- Salvation Army North St. Citadel: Food Bank 930am - 100pm
- HOME: Lunch 12pm-1pm
- Christ Church Warwick: Lunch 1130am-12:30pm
- Salvation Army Street Ministry (Soup Truck) 4:30pm-6:30pm
- Salvation Army North St. Citadel: Booth Bistro Feeding Programme 5pm-6pm

SATURDAY

- Christ Church Warwick: Breakfast 8:30am-10am, Lunch (ONLY after a Friday holiday) 1130am-12:30pm
- Salvation Army Street Ministry (Soup Truck) 4:30pm-6:30pm
- Salvation Army North St. Citadel: Booth Bistro Feeding Programme 5pm-6pm
- Eliza DoLittle: pre-registered grocery bags = currently full

SUNDAY

- St. Vincent de Paul: Takeout dinner 5pm-6pm
- Seventh Day Southampton: 3rd Sun of the month, takeout meals 12pm-4pm
- Seventh Day Warwick: 4th Sunday of the month, 10am-11am

Crisis Support Quick Guide to Essential Services

		Takeout Meals	Food Banks	Food Voucher	Mental Health	Housing/ Shelter	Medical Support	Financial Support	Partner Abuse	Substance Abuse
Age Concern	238-7525			✓				✓		
Alcoholics Anonymous	297-0965									✓
Bermuda Diabetes	297-8427						✓			
Bermuda Red Cross	236-8253						✓			
Centre Against Abuse	297-8278								✓	
Child and Adolescent Services	239-1111				✓					
Christ Church Warwick	705-4600	✓								
Coalition for the Protection of Children	295-1150			✓				✓		
Department of Child & Family Services	296-7575			✓				✓		
Department of Financial Assistance	297-7600							✓		
Family Centre	232-1116				✓					
First Baptist Church	236-7414	✓								
Focus Counselling Services	296-2196									✓
HOME	599-9933					✓				
LCCA	292-1132			✓						
Meals on Wheels	236-1815	✓								
Mid-Atlantic Wellness Institute	239-1111				✓		✓	✓		
Open Airways Bermuda	536-6060						✓			
Pathways Bermuda	236-0823									✓
Salvation Army, North St., Citadel	296-6740	✓	✓							
Salvation Army West End CC	234-4046		✓							
Salvation Army St.Georges Corps	297-0267		✓							
Salvation Army Harborlight Programme	292-2586									✓
Salvation Army Emergency & Transitional Housing	295-9109					✓				
St. Vincent de Paul Society	525-1191	✓		✓						
Hamilton Seventh-day Adventist Church	535-5546	✓								
Southampton Seventh-day Adventist Church	704-5066	✓								
St. David's Seventh-day Adventist Church	704-5066	✓								
St. George's Seventh-day Adventist Church	704-5066	✓								
Warwick Seventh-day Adventist Church	777-5424	✓	✓							
The Cathedral of the Most Holy Trinity	292-6987	✓								
The Eliza DoLittle Society	333-4483		✓							
The Lord's Larder, St. Mark's Church	236-8360		✓							
Turning Point Substance Abuse Programme	239-2038									✓
Vision Bermuda	292-3231						✓			
Women's Resource Centre	295-3882				✓				✓	✓

Crisis Support Service Providers

Age Concern

Provide information, advice, financial support & referral services for older adults

24 Admiralty Lane, Pembroke
9am – 4:30pm
238-7525
www.ageconcern.bm

Alcoholics Anonymous

Find information & support services on website

297-0965
bermudaintergroup101@hotmail.com
www.aa.bm

Bermuda Diabetes Association

Provide medication free of charge to persons living with diabetes who cannot afford insurance. Provide medical nutritional counseling, diabetes education & peer support. There are no co-pays and people who do not have insurance are seen free of charge.

22 Princess St., Hamilton
M, T, Th 8:30am-6pm, W,F 8:30am-4:30pm
297-8427 / info@diabetes.bm
www.diabetes.bm

Bermuda Red Cross

Medical and baby equipment rental M-F, 8:30am-12:30pm. Course in life saving training, see website to book.

11 Berry Hill Rd., Paget
M – F, 8:30am – 4pm
236-8253 main office
www.bermudaredcross.com

Centre Against Abuse (CAA)

Provides crisis support services to male and female adult survivors of intimate partner abuse and sexual assault; and we educate the community by providing building blocks for healthy relationships.

- M-F, 9am -5pm
- emergency hotline 297-8278 office 292-4366
- www.centreagainstabuse.bm

Child and Adolescent Services (MWI)

Crisis intervention & liaison psychiatric services.

- 44 Devon Springs Rd., Devonshire
- M-Th., 8:45am-5pm, F 8:45am-4pm – afterhours please dial 911 or go to KEMH
- 239-1111 emergency hotline

Christ Church Warwick

Lunch M,W,F 11:30am-12:30 pm
Breakfast Saturdays only 8:30-10am
Saturday lunch (**only** after a Friday holiday)

- 99 Middle Rd, Warwick
- Laundry & Shower facilities Saturdays 8am – 12pm, registration & ID required
- 705-4600
- www.christchurch.bm

Coalition for the Protection of Children

Hardship support for families with children 0-18 years old

- 38 Mount Hill Rd, Pembroke
- Call for appointments M-F, 10-3
- 295-1150
- www.coalition.bm

Department of Child & Family Services

Crisis intervention & liaison psychiatric services.

- Customs House, 131 Front St, Hamilton
- M-Th., 8:45am-5pm, F 8:45am-4pm – afterhours please dial 911 or go to KEMH
- 296-7575 main line | 278-9111 emergency
- www.gov.bm/department/child-and-family-services

Department of Financial Assistance

Visit the Financial Assistance Office in person to meet with a Pre-Screen Clerk.

1st Floor, Global House, Church St
M-Th 10-11:45am, 2-3:45pm
297-7600
www.gov.bm/department/financial-assistance

Family Centre

Mental health & behavioral support, crisis counseling & group support for families with children aged 4-18.

Sunshine League House, 27 King St., Pembroke
M-F, 9am-6pm
232-1116 / info@tfc.bm
www.tfc.bm

First Baptist Church

Dinner, Wednesdays only until meals run out.

134 Middle Rd., Devonshire
W 3:30pm-5pm
236-7414
www.firstbaptistbermuda.com

Focus Counselling Services

Outpatient treatment services for adolescents and young adults.

37 Barry Rd., St. Georges
9am – 4pm
296-2196 / info.focus@focus.bm
www.focus.bm

HOME

Call our experts to access how HOME can assist 8:30am – 5pm.

36 Union St., Hamilton
Breakfast daily 7:30am-8:30am, lunch MWF 12pm-1pm
599-9933 / info@home.bm
www.home.bm

LCCA

General Assistance Programme and Patient Overseas Financial Aid Programme.

Intl Centre, 26 Bermudiana Rd. Suite 401, Hamilton
M-Th, 9am-4pm, closed for lunch 1pm-2pm
292-1132
www.lcca.bm

Meals on Wheels

Lunchtime meals provided 4 days per week (physician referral/special diet) or short term crisis meals as needed.

103 South Road, Paget PG03
M, T, W, F: 9am – 2pm
236-1815
www.mealsonwheels.bm

Mid-Atlantic Wellness Institute

Crisis intervention & liaison psychiatric services.

44 Devon Springs Rd., Devonshire
M-Th., 8:45am-5pm, F 8:45am-4pm – afterhours please dial 911 or go to KEMH
239-1111

Open Airways Bermuda

Asthma & COPD consultations – FREE & no referral required. Assist with purchase of Asthma/COPD inhalers/ medication for those unable to afford. Free spacer device with demo, loaner O2 concentrators.

31 Queen St., Boyle Building, Hamilton
8:30am–4:30pm (by appt only)
536-6060
www.openairways.com

Pathways Bermuda

Addiction assessments, clinical evaluations & outpatient services.

61 Verdmont Rd., Smiths
8:30am – 5pm
236-0823
www.pathways.bm

Project Action

Transportation for medical appointments, physiotherapy, grocery shopping.

- 4 Rose Hill, St. Georges
- M-F, 8am – 3pm
- 297-5044

Salvation Army (Hamilton)

Harbourlight Treatment, Shelter & Transitional Housing 24/7
Street Ministry (soup truck).

- **Harbourlight:** 44 King St. / **Shelter:** 5 Marsh Ln.
- M-Sat, 4:45pm–6:30pm
- 292-0601 (Regional Office),
  292-2586 / 296-2511 (Social Mission)
- www.salvationarmy.bm

Salvation Army (North Street)

- North Street Citadel, 10 North St., Hamilton
- Food Bank: Tues-Fri 9:30am-1:00pm
  Booth Bistro Feeding Programme: M-Sat (except Wed) 5pm-6pm
- 296-6740
- www.salvationarmy.bm

Salvation Army (West End)

- West End CC, 15 Cambridge Rd., Somerset
- Food Bank: Wed 4pm-5:45pm
- 234-4046
- www.salvationarmy.bm

Salvation Army (St.Georges Corps)

- 6 Governor's Alley, St.George's
- Coffee, Continental Breakfast & Fellowship: Wed 9am-12pm / Food Bank: Wed 9am-12pm
- 297-0267
- www.salvationarmy.bm

St. Vincent de Paul Society– Loaves & Fishes

Takeout dinner.

- St. Theresa's Cathedral Hall, 1 Laffan St., Hamilton HM09
- Takeout Dinner – Sundays 5-6pm
- 525-1191
- www.romancatholicbermuda.bm

Hamilton Seventh-Day Adventist Church

Dinner Wednesdays.

- 43 King Street
- Dinner Wednesdays 4-5:30pm
- 535-5546
- www.bermudaadventist.org

Pembroke Seventh-Day Adventist Church

Takeout Meals: 2nd & 4th Wednesday of each month.

- 32 Glebe Rd., Pembroke
- Takeout Meals 2nd & 4th Wed, 4pm-6:30pm
- 335-7979
- www.bermudaadventist.org

Southampton Seventh-Day Adventist Church

Lunch – 3rd Sunday of each month.
Ministry - Takeout meals & free clothing.

- 228 Middle Rd, Southampton
- 3rd Sunday, 12pm – 4pm
- 704-5066
- www.bermudaadventist.org

St. David's Seventh-Day Adventist Church

Feeding Ministry & free clothing, Wednesdays.

- 113 Southside Rd., St. David's
- Wednesdays 4pm-6pm
- 704-5066
- www.bermudaadventist.org

St. George's Seventh-Day Adventist Church

Takeout meals Thursdays

- 51 York St., St. George's
- Takeout meals Thursdays 4pm-6pm
- 777-5424
- www.bermudaadventist.org

Warwick Seventh-Day Adventist Church

Feeding Ministry - 4th Sunday of the month

- 92 South Rd., Warwick
- Feeding Ministry every 4th Sunday of the month, 10am-11am
- 704-5066
- www.bermudaadventist.org

The Cathedral of the Most Holy Trinity

Brunch Tuesdays and Thursdays, 10am -11:30am

- 29 Church Street, Hamilton
- Brunch Tuesdays & Thursdays, 10am - 11:30am
- 292-6987
- www.anglican.bm

The Eliza Dolittle Society

Grocery bags – 1 bag per week, preregistration required, proof of ID & utility bill.

- 64 Middle Rd., Warwick
- T,W,R 10-2pm, Sat 10-12:30pm
- 333-4483
- www.theelizadolittlesociety.bm

Turning Point Substance Abuse Programme (MWI)

Substance abuse services.

- 44 Devon Springs Rd, Devonshire
- M-F, 8:30am – 4:30pm
- 239-2038 / 236-3770 ext 3403
- www.bermudahospitals.bm/services-listing/mental-health/substance-abuse/

Vision Bermuda

Specialist services supporting people with no or low vision.

Beacon House, 3 Beacon Rd., Hamilton
M-F, 9:00am – 5:00pm
292-3231 / 291-3231
www.visionbermuda.bm

Women's Resource Centre (WRC)

Providing counselling, community driven education and supportive services and advocacy.

T-F, 9:00am – 5:00pm
295-3882
www.wrcbermuda.com

Contact Us

www.nonprofitalliance.bm

admin@nonprofitalliance.bm

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