

Coronavirus -> economic crisis -> not enough money to live on

Loss of income due to the coronavirus crisis - Debts - Isolation - Unemployment

Health problems - Housing issues - Administrative questions

Don't wait for problems to multiply before asking for help. Contact our advisers. They will help you free of charge and without any judgment.

Where to find help?

If you are a Swiss citizen or have a residence permit, you can contact:

→ Regional Social Centers (Centres sociaux régionaux) CSR

There are 10 CSR offices in the canton of Vaud and it is possible to contact them by phone, e-mail or in person.

If you do not have a permit, various associations can support you. Check with the food distribution center or the CSR of your region.

Les 10 CSR du canton de Vaud www.vd.ch/csr			
Région	Téléphone	Email et site internet	Horaires
BEX	024 557 27 27	csr.bex@vd.ch www.arasape.ch	8h30-11h30 / 14h00-16h00 Closed Tuesday afternoons
BROYE-VULLY	026 557 30 50	csr.broye-vully@vd.ch www.arasbroyevully.ch	8h00-11h30 / 13h30-16h30 Closed Tuesday mornings Moudon: Closed Tuesday mornings and Thursday afternoons
EST LAUSANNOIS	021 557 84 00 (Pully) 021 557 19 55 (Oron)	csr.pully.info@aras.vd.ch www.arasoronlavaux.ch	8h00-11h30 / 13h30-16h30 (Closes Friday at 4pm)
JURA-NORD VAUDOIS	024 557 76 76	csr.junova@vd.ch www.junova.ch	8h00-11h30 / 13h30-16h30 Closed Thursday mornings
LAUSANNE	021 315 75 11	csr@lausanne.ch www.lausanne.ch/info-sociale	8h30-11h45 / 13h00-16h00 Closed Thursday mornings
MORGES	021 804 98 98	csr.morges@aras-vaud.ch www.arasmac.ch	8h00-11h30 / 14h00-16h00
NYON	021 338 99 38	csr.nyon@vd.ch www.arasnyon.ch	8h30-11h30 / 13h30-16h30 Closed Tuesday mornings
PRILLY-ECHALLENS	021 622 74 00 (Prilly) 021 622 75 55 (Echallens)	csr@araspe.ch www.araspe.ch	8h00-11h45 / 13h30-16h30 Closed Wednesdays Antenne Penthalaz: lundi 14h-16h, mardi, jeudi et vendredi 8h30-10h30
OUEST LAUSANNOIS	021 316 84 00 021 316 84 01 021 316 84 02	csr.ouest-lausannois@vd.ch www.arasol.ch	8h00-11h30 / 14h00-16h30
RIVIERA	021 962 76 10 (Montreux) 021 962 76 12 (Montreux) 021 962 76 72 (Montreux) 021 925 53 33 (Vevey) 021 925 53 34 (Vevey) 021 925 53 35 (Vevey)	csr.riviera@aras.vd.ch www.arasriviera.ch	Reception opening hours 8h00-11h45 / 14h00-16h00 Telephone opening hours 9h-11h45 / 14h00-16h00