



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

Programs and services to help you during COVID-19



Do you feel **overwhelmed** or **anxious** about COVID-19? Do you want information on mental health services to manage those feelings?



Do you have **money needs** because of self-isolation measures?



Do you have questions about applying for **Employment Insurance**?



Do you need help getting **groceries** or **running errands** while you are at home sick or self-isolating?

211 Ontario can help you find support during COVID-19

Our calls, chats and emails are answered by caring and professional staff who can help you understand and access programs available to you.



Speak with us by phone. Dial 2-1-1 on your cell phone or home phone to speak with us. Our phone service is available 24 hours a day, 7 days a week and in 150 languages.



Chat with us online. Visit www.211ontario.ca and click the 'Live Chat' button. Chat service is available 7am to 9pm Monday to Friday.



Search our online listing. Visit www.211ontario.ca and search by location and topic. We regularly add new programs, services and financial supports to the listing as we learn about them.

211 is a telephone helpline and online database of Ontario's community and social services. The service is free and confidential and is available during COVID-19 and beyond – whenever you need the support!



Ontario[®]

Help Starts Here