

## Support and Resources for Residents Requiring Assistance

### General

- [211 ONTARIO](#) is a toll-free information line that can direct callers to resources for topics including abuse, homelessness and housing, emergency and crisis, mental health and addictions, family services, food, Indigenous services, disabilities, seniors, and more. Assistance is available in over 100 languages. To reach the line, dial 2-1-1.

### Senior Care

- [SPRINT Senior Care's COVID-19 Community Response Team \(PDF\)](#) is offering grocery delivery, meals on wheels, and security and wellness checks. If you are interested in receiving any of these services, please call 416-481-0669 ext. 1225. To donate to one of these programs or volunteer please call 416-481-0669 ext. 1204.
- Call the City of Toronto's seniors' helpline at 416-217-2077 to receive information about home care, community care, and crisis services.
- People living with dementia or caring for someone who is, can reach out to [Alzheimer Society Toronto](#) for support at 416-322-6560.
- For information about financial assistance for low-income seniors, visit the [Government of Ontario's website](#).

### Health Resources

- Have health concerns? Call [Telehealth Ontario](#) at +1 866-797-0000.
- [Stella's Place](#) offers one-on-one counselling by phone and video chat to people aged 16 to 29 in Toronto. Call 416-461-2345, ext. 0, or email [connect@stellasplace.ca](mailto:connect@stellasplace.ca) to book a virtual appointment.
- Register for Starling Mind's free and [confidential digital mental health program](#).
- Feeling lonely or depressed? Call the [Warm Line](#) at 416-323-3721 to chat with a peer support worker.
- Reach the Toronto Public Health Hotline by calling 416-338-7600 or emailing [PublicHealth@toronto.ca](mailto:PublicHealth@toronto.ca).
- Are you a caregiver and need support? Contact [the Ontario Caregiver Helpline](#) at 1-833-416-2273 for 24/7 support.

## **Food Access**

- The Toronto Neighbourhood Office has compiled a [list of available food banks and food resources](#).
- Some food delivery services include [Pusateri's](#), [Walmart](#), [Grocery Gateway](#), and [Instacart](#).

## **Children & Youth**

- Children can reach [Kids Help Phone](#) 24/7 by calling 1-800-668-6868 or texting the word "CONNECT" to 686868.
- [LGBT Youth Line](#) is a Queer, Trans, Two-Spirit\* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Call 1-800-268-9688 or text 647-694-4275.
- The Ontario Association of Children's Aid Society has many [resources listed on its website](#) for children and youths.

If you have any questions or require further support, please do not hesitate to reach out to your Regional Community Manager Caroline Pharant by phone at 416-544-4848 or by email at [cpharant@greenrockpm.ca](mailto:cpharant@greenrockpm.ca).