

Counselling and Wellness Supports across Toronto

Many people may feel sad, stressed, anxious, confused, scared or angry during the COVID-19 pandemic. These are normal and common responses to unexpected or stressful situations. Support is available. The City of Toronto has partnered with ten organizations to help connect residents to free telephone, text and online mental health support during the COVID-19 pandemic. Click on the name of the organization below to learn more!

Organization Name:	Website:
Across Boundaries	https://www.acrossboundaries.ca/
Caribbean African Canadian Social Services	https://cafcan.org/
Crisis Text Line	https://www.crisistextline.ca/
Family Services Toronto	https://familyservicetoronto.org/
Gerstein Crisis Centre	http://gersteincentre.org/
Hong Fook	https://hongfook.ca/
Kids Help Phone	https://kidshelpphone.ca/
Native Child and Family Services of Ontario	https://nativechild.org/
Ontario Psychological Association	https://www.psych.on.ca/
Strides Toronto	https://stridestoronto.ca/
The Access Point	http://theaccesspoint.ca/
Toronto Seniors Helpline	https://torontoseniorshelpline.ca/
Warm Line	http://www.warmline.ca/

Training/Courses:	Link:
Mental Health Community Leadership Training for COVID-19	https://www.eventbrite.ca/e/mental-health-community-leadership-training-for-covid-19-tickets-136871344877