

Community Resources in Response to COVID-19

Provided for information only, without recommendation.

Updated May 29, 2020

COVID-19 Information	Government of Canada	Link	
	Public Health Ontario	Link	
	Toronto Public Health	Link	
	World Health Organization	Link	
Mental Health	Free/Low-Cost Mental Health Resources in Toronto (Open Source)	Link	
Mental Health	City of Toronto: Mental Health Resources during COVID-19	Link	
Mental Health	Coronavirus & OCD	Link	
Mental Health	Distress Centers of Greater Toronto	Link	(416) 408-4357
Mental Health	CMHA Toronto COVID-19 Health Equity Resources (Open Source)	Link	
Mental Health	Managing Stress and Anxiety	Link	
Mental Health	Trans Lifeline (For trans and gender non-conforming people)	1-877-330-6366	Link
Mental Health	"Psychology Works" Facts Sheets responding to COVID-19	Link	
Mental Health	NABS Support Line (1 888 355 5548)	Link	
Mental Health	Union - Counselling for Musicians	Link	
Mental Health	Take Care Care for your Coronavirus Anxiety	Link	
Mental Health	Transgender care during the COVID-19 pandemic, including online trans community support chat (ARCH Guelph)	Link	
Mental Health	Mental Health and Coping During COVID-19	Link	
Mental Health	Taking care of your mental health during COVID-19	Link	
Mental Health	MDAO Forum - Forum to chat with others for support	Link	
Mental Health	Huddle - Free video-based peer support groups around COVID-19, starts March 23	Link	
Mental Health	Layla - finds you a therapist matched to your needs, available for Ontario. Sessions in-person, online video, or phone. Free initial intake call	Link	
Mental Health	Big White Wall - free, online mental health and wellbeing service for dealing with everyday stressors or major life events. Available 24/7/365	Link	

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Mental Health	Toronto Mindfulness Centre – Daily free 20-minute Mindfulness Meditation session on Facebook and Instagram Live. 11am EDT (Toronto/New York), 8:30pm IST (India), 3pm GMT (England), 8am PDT (Los Angeles)	Instagram	Facebook
Mental Health	Friends of Ruby – 489 Queen St E, Lower Level	Link	(416) 359-0237
Mental Health	Online Counselling through video or chat/Telephone Counselling		
Mental Health	25 different Cognitive Behavioral Therapy worksheets that you can do for yourself at home	Link	
Mental Health	A Practical Guide to Dealing With Hate on Social Media	Link	