

Programs and Services to Help You During COVID-19

211 Ontario



211 is a telephone helpline and online database of Ontario's community and social services. **The service is free and confidential. It is available whenever you need support.**

- 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?

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. 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. 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.

West Neighbourhood House



Get help with your finances, such as filing taxes, finding and getting emergency benefits and budgeting. Call 416 532 4828 or email FEPS@westnh.org to make a phone appointment with a financial problem-solver. This service is free.