

# 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 [211 Ontario](http://www.211ontario.ca) (<http://www.211ontario.ca>) and click the 'Live Chat' button. Available 7am to 9pm Monday to Friday.
- ✓ **Search our online listing.** Visit [211 Ontario](http://www.211ontario.ca) (<http://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 Financial Empowerment and Problem Solving](mailto:FEPS@westnh.org) (FEPS@westnh.org) to make a phone appointment with a financial problem-solver. This service is free.