

We know that the COVID-19 can create stressors for community. With many agencies closing or limiting services, rest assured that there are still many resources and supports available by phone or online for LGBTQ2S people to access. The following are a list of resources available online or by phone.

MENTAL HEALTH SERVICES

Over-the-Phone Crisis Support:

For people of all ages, genders, and sexual orientations

Gerstein Crisis Centre (24/7): 416-929-5200

Toronto Distress Centre (24/7): 416-408-4357 or text 741741 (2am-2pm daily)

For people under 20 years old

Kids Help Phone: (24/7) 1-800-668-6868

For people 65+ years old

Crisis Outreach Service for Seniors (9:00am-5:00pm daily): 416-217-2077

Mental Health Peer Support:

LGBT Youth Line – peer support by and for people 29 and under

Call 1-800-268-9688 | Text 647-694-4275 | Chat www.youthline.ca

Progress Place Warmline – peer support hotline

Call 416-960-9276 | Text 647-557-5882 | Chat www.warmline.ca

Other Crisis and Information Services:

Community and Social Services Hotline (24/7): 2-1-1 or www.211toronto.ca

Emergency Shelter Access (24/7): 416-338-4766 or 1-877-338-3398

Telehealth Ontario (24/7): 1-866-797-0000

Ontario Legal Line (24/7): 416-929-8400 | Online legal information: www.cleo.on.ca and www.stepstojustice.ca

Toronto Public Health COVID-19 Current Situation Report <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

Toronto Tenant Hotline: 416-921-9494 | <https://torontotenants.org> | Monday-Friday, 8:30am–6:00pm

Articles and Resources for Coping:

(Almost) 100 Ways to Not Freak the Fuck Out During #Covid-19

<https://medium.com/@ashleyfairbanks/100-ways-to-not-freak-the-fuck-out-during-isolation-7dd980584d8b>

Coronavirus: Ten Reasons Why you Ought not to Panic

https://theconversation.com/coronavirus-ten-reasons-why-you-ought-not-to-panic-132941?utm_source=facebook&utm_medium=bylinefacebookbutton&fbclid=IwAR1DbfjPh1WTfUmDS84T6EqyPuQQyAZxeecFdkFiCXWfo52hfbLPgio2fWI

Deserted Italian street rings out with song as people lean from windows to sing together during lockdown

<https://www.independent.co.uk/news/world/europe/coronavirus-italy-siena-song-canto-della-verbena-video-lockdown-a9399176.html?fbclid=IwAR1RXaO1bsR8FHUwth-izl8OXX31JZsGacNigTw7ut-Wbb3rs3wBTtHhCP4>