

Toronto Public Health	Update
<ul style="list-style-type: none"> • COVID-19: Changes to City Services For a comprehensive list of available & suspended city services including Toronto Public Health Services: https://www.toronto.ca/home/covid-19/covid-19-latest-city-of-toronto-news/affected-city-services/ • COVID 19 Information and Support https://www.toronto.ca/home/covid-19/ • COVID-19: Advice for Those with Unique Needs https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/ • Pregnancy to Parenting Blog https://pregnancytoparenting.ca/ • Welcome to Parenting (WTP) Online Program https://toronto.welcometoparenting.com/ • Healthy Babies Healthy Children (HBHC) https://www.toronto.ca/community-people/health-wellness-care/information-for-healthcare-professionals/patient-referrals/healthy-babies-healthy-children-hbhc-program/ <ul style="list-style-type: none"> ○ Homeless At-Risk Prenatal (HARP) Flyer [PDF] ○ Nurse-Family Partnership Flyer (NFP) • Breastfeeding Support https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/services/breastfeeding-clinics/ 	<p>COVID-19, Pregnancy, Breastfeeding and Infant Care https://www.toronto.ca/wp-content/uploads/2020/04/8f7a-COVID-19-Pregnancy-Breastfeeding-and-Infant-Care.pdf</p> <p>WTP: register online.</p> <p>-HBHC is providing telephone sessions in replacement of home visits for certain vulnerable populations. Call Intake 416-338-7600 for urgent questions /concerns.</p> <p>-HARP & NFP are providing telephone sessions in replacement of home visits.</p> <p>TPH Breastfeeding telephone support is currently offered & will be provided virtually if feasible.</p> <p>Some BF hospital clinics are providing service. Call ahead to confirm breastfeeding clinic before going in person.</p>

<ul style="list-style-type: none"> ● Early Abilities Programs: <ul style="list-style-type: none"> ○ Infant Hearing Program ○ Blind-Low Vision Program ○ Preschool Speech and Language Program ● Postpartum Adjustment Program (PAP) – 416 338 7600 ● Sexual Health Clinics https://www.toronto.ca/community-people/health-wellness-care/health-clinics/sexual-health-clinics/ ● Emergency Dental Services - 416-338-6565 	<p>Infant hearing screening is currently suspended. See booking system for next steps https://www.tphbookings.ca/Default.aspx?PageID=11032</p> <p>For BLV and TPSL, there may be delays in processing your referral. Face to Face sessions are currently suspended & continued virtually when possible</p> <p>PAP - Reduced telephone service available through Intake</p> <p>Urgent sexual health clinic services by appointment are operating only at the Crossways clinic, call ahead</p> <p>Emergency Dental Services by appointment only to eligible patients</p>
Telephone Crisis Lines	Update
<ul style="list-style-type: none"> ● Assaulted Women’s Helpline (AWHL) (24/7): 416-863-0511 #SAFE (#7233) on your Bell, Rogers, Fido or TELUS Mobile http://www.awhl.org/ ● Central Intake for Shelter Placement (24/7) :416- 338-4766 TOLL-FREE: 1-877-338-3398 https://www.211toronto.ca/detail/en/80182 ● Distress Center /Suicide line (24/7) :416- 408-4357 or text 45645 https://www.torontodistresscentre.com/ ● Toronto Rape Crisis Centres (24/7) :416-597-8808 https://trccmwar.ca/our-services/24-hour-crisis-line/ ● Kids Help Phone (24/7) 1-800-668-6868 or Text CONNECT 686868 https://kidshelpphone.ca/ ● 211 Toronto https://www.211toronto.ca/detail/en/80182 ● Telehealth Ontario (24/7): 1-866-797-0000 https://www.ontario.ca/page/get-medical-advice-telehealth-ontario 	<p>For violence against women (VAW) shelter referral, contact Assaulted Women's Helpline (AWHL).The VAW shelters will admit women who pass screening; however presently none in Toronto have space. If a client requires a VAW shelter, ask them to call the AWHL who can explore options including shelters outside of Toronto.The city has closed its central intake center to walk-in referrals to homeless shelters</p> <p>For questions re COVID-19, take this self-assessment to determine if you need to seek further care before calling Telehealth On.</p>

<ul style="list-style-type: none"> • <u>ConnexOntario</u> : 1-866-531-2600 (Addiction, mental health, gambling) https://www.connexontario.ca/ • Seniors Safety Line (SSL) :1-866-299-1011 http://www.eapon.ca/what-is-elder-abuse/help-for-seniors/ • Friendly Neighborhood Hotline :1-855-581-9580 http://uhnopenlab.ca/project/hotline/ 	<p>The Friendly Neighbour Hotline assists seniors to have food & items delivered for free. Currently, it is only serving Toronto seniors who live in low-income housing.</p>
CHILD PROTECTION AGENCIES	Update
<ul style="list-style-type: none"> • Children’s Aid Society of Toronto (CAST) 416-924-4646 • Catholic Children’s Aid 416-395-1500 • Jewish Family and Child Services 416-638-7800 • Native Child and Family Services 416-969-8510 	<p>All Child Protection agencies across the province are providing core protection services, and have modified their practices to respond to health and safety concerns</p>
Medical Clinics	Update
<ul style="list-style-type: none"> • <u>Just For Kids Clinic - St. Joseph's Health Centre Toronto</u> 416-530-6611 St. Joseph's Health Centre, Toronto, 3rd Floor, 30 The Queensway <ul style="list-style-type: none"> ❖ <u>A COVID-19 information line</u> has been set up to help parents triage their children’s symptoms and where they should be managed. Call <u>416-530-6000 ext. 4095</u> during the hours of 10 a.m. to 7:30 p.m. • Telemedicine Clinic 647-245-2298; 905-505-0959- https://www.enhancedcare.ca/shw_services/telemedicine/ https://www.enhancedcare.ca/ 	<p>Clinic staffed by paediatricians & has diagnostic imaging services & blood work facilities. Clinic open 10 a.m. to 2 p.m. daily --Newborns under 10 days old should arrive between 10 a.m. & 12 p.m. Older children will be seen from 12 - 2 p.m. Last registration is one hour prior to closing.</p> <p>Telemedicine physician services covered by OHIP. Telephone services free of charge to VISA students ,non-residents (no OHIP) Mon- Fri: 9 am-8 pm, Saturday: 9 am to 5 pm, Sunday: 10 am to 3 pm</p>

Mental Health and other Supports	Update
<ul style="list-style-type: none"> • Skylark Children Youth and Families Counselling https://www.skylarkyouth.org/what-we-do/programs-counselling-services/walk-in-clinics/ <ul style="list-style-type: none"> ❖ Call 416-482-0081 and press 5 to book a phone counselling session on Mondays, Tuesdays, and Thursdays from 1:30-6pm ❖ Call 416-482-0081 and press 6 to book a phone counselling session on Mondays, Tuesdays and Fridays from 9-1:30pm & Wednesday 11-7pm • Skylark Me and my Baby Phone In: 416-482-0081, ext. 363 or EMAIL megan.tyrell@skylarkyouth.org website https://www.skylarkyouth.org/what-we-do/programs-counselling-services/me-my-baby/ • Mental Health T.O and <u>What's up Walk-In Clinics</u> 1-866-585-6486, http://emys.on.ca/programs/mental-health-to/ http://www.mentalhealthto.ca/ https://www.whatsupwalkin.ca/ • Yorktown Family Services :416-669-3521 https://www.yorktownfamilyservices.com/wp-content/uploads/PHONE-IN-Counselling-Service-March-2020.pdf https://www.yorktownfamilyservices.com/covid-19/ • Big White Wall (BWW) https://www.bigwhitewall.com https://www.toronto.com/news-story/9908780-ontario-promotes-free-mental-health-portal-during-coronavirus-pandemic/ • VHA Home HealthCare: 416- 489-2500 ext. 4349 https://www.vha.ca/covid-19-coronavirus/ • Stronger Minds by BEACON https://www.mindbeacon.com/strongerminds 	<p>Skylark is providing phone counselling sessions in replacement of walk in in person counselling. Interpretation services available</p> <p>Skylark Me & my Baby virtual sessions for parent counselling/ support, tips on caring for baby/toddler. Tuesday, Thurs, Friday Interpretation services available.</p> <p>Mental Health T.O & What's UP offers virtual mental health counselling Mon-Fri, 9am-7 pm for children, youth, young adults and families with infants .Interpretation services available</p> <p>Yorktown in person counselling sessions offered by scheduled PHONE sessions. Session will be same day or within 24 hours (Mon-Fri). Interpretation services available</p> <p>BWW is a provincially funded online community offering free, peer-to-peer support for mental health issues during the pandemic, in partnership with Ontario Telemedicine Network.</p> <p>STRONGER MINDS is a free digital program to support mental well-being through the COVID-19 crisis</p>

- **Stress Strategies by the Psychology Foundation**
<https://www.stressstrategies.ca/>
- **BounceBack**
<https://bouncebackontario.ca/>

Online Addiction Resources:

- ❖ **Alcoholics Anonymous** - <http://aa-intergroup.org/directory.php>
 - ❖ **Cocaine Anonymous** - <https://www.ca-online.org/>
 - ❖ **Narcotics Anonymous** - <https://www.na.org/meetingsearch/text-results.php?country=We>
 - ❖ **Crystal Meth Anonymous** - <https://crystalmeth.org/cma-meetings/cma-meetings-directory/37>
 - ❖ **Marijuana Anonymous** - <https://marijuana-anonymous.org/find-a-meeting/>
- **AA Sober Living**
www.aasoberliving.com
 - **SMART Recovery**
<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>
 - **In the Rooms**
<https://www.intherooms.com/home/>
 - **The Daily Pledge**
<https://thedailypledge.org/>
 - **myRecovery**
www.myrecovery.com
 - **SoberRecovery**
www.soberrecovery.com/forum
 - **CannabisRehab.org**
www.cannabisrehab.org
 - **HAMS Harm Reduction Network**
<https://hams.cc/>

STRESS STRATEGIES provides stress management strategies

BOUNCEBACK is a skill-building program by the Canadian Mental Health Association to help manage depression and anxiety

Legal Services and Information

Update

- **Questions about the law relating to the COVID-19 situation**, e.g. employment ,work, family ,housing , immigration & refugee, tribunal courts
- **Barbra Schlifer Clinic: 416-323-9149**
<https://schliferclinic.com/>
- **Legal Aid Ontario: 416-979-1446**
<https://www.legalaid.on.ca/more/corporate/contact-legal-aid-ontario/>
- **Parkdale Legal Clinic: 416-531-2411**
<https://www.parkdalelegal.org/>
- **West Neighbourhood House: 416-532-4828**
www.westnh.org/

Most in person activities are cancelled but legal clinics are still serving clients remotely and returning phone calls

Financial Support and more	Update
<ul style="list-style-type: none"> • COVID-19: Support for people https://www.ontario.ca/page/covid-19-support-people • Ontario Protecting the Most Vulnerable During COVID-19 Crisis https://news.ontario.ca/opo/en/2020/03/ontario-protecting-the-most-vulnerable-during-covid-19-crisis.html • Ministry of Children, Community and Social Services: Apply for COVID 19 Emergency Assistance Ontario.ca/community • COVID-19: Economic Support & Recovery https://www.toronto.ca/home/covid-19/economic-support-recovery/ • Economic Support & Recovery for Individuals & Families https://www.toronto.ca/home/covid-19/economic-support-recovery/economic-support-recovery-for-individuals-families/ • Economic Support & Recovery for Businesses https://www.toronto.ca/home/covid-19/economic-support-recovery/ • Benefits from the CRA- tips on setting up account so you're ready when the application comes out: https://www.c103.com/2020/03/18/24913/ • Food Banks: https://www.211toronto.ca/topic/Central%20Region/ORGANIZATION/food-banks/ • Toronto Employment and Social Services (TESS): https://www.toronto.ca/home/covid-19/covid-19-social-support/ 	<p>New funding to help individuals/families in financial crisis who are not able to access federal assistance to cover needs such as food, rent, medicine ...</p> <p>Food bank services may be impacted. Please call 211</p> <p>TESS continues to service residents. In-person services are restricted at this time and provided by exception only.</p>