



## Call **211 Ontario** to access multiple languages for community and social services (FREE)

211 is a helpline and database of Ontario's community and social services; available 24 hours a day, 7 days a week.

- Step 1: Call 211 and a machine voice will ask you to Press "1" for English.
- Step 2: Press "1" then you will hear music; wait for a staff to speak.

*Please be patient and stay on the line. It can be busy and wait times can be long.*

- Step 3: Say your native language in English: "\_\_\_\_\_, please."  
*language*
- Step 4: You will wait on the phone for an interpreter, and it will be a 3-way call with an interpreter, 211 staff and yourself.





Find Help 211 Ontario: 211 available 24/7

*Information on community and social services*

WoodGreen Caregiver Support & Wellness Program: 416-572-3575 Mon-Fri 9am-5pm

*Individual & Groups Supports for Caregivers in East Toronto*

Toronto Seniors Helpline: 416-217-2077 Mon-Fri 9am-8pm; Sat & Sun 10am-6pm

*Up to date information on community services for seniors*

Ontario Caregiver Helpline: 1-833-416-2273 available 24/7

*Information and support for caregivers*

ConnexOntario: 1-866-531-2100 available 24/7

*Access to addiction & mental health services*

Telehealth Ontario: 1-866-797-0000 available 24/7

*Get free medical advice from a health professional*

Distress Centres of Toronto: 416-408-4357 available 24/7

*Get emotional support & crisis intervention*





## Call **211 Ontario** to access multiple languages for community and social services (FREE)

211 is a helpline and database of Ontario's community and social services; available 24 hours a day, 7 days a week.

- Step 1: Call 211 and a machine voice will ask you to Press "1" for English.
- Step 2: Press "1" then you will hear music; wait for a staff to speak.

*Please be patient and stay on the line. It can be busy and wait times can be long.*

- Step 3: Say your native language in English: "\_\_\_\_\_, please."  
*language*
- Step 4: You will wait on the phone for an interpreter, and it will be a 3-way call with an interpreter, 211 staff and yourself.



Opportunity made here.

WoodGreen Caregiver Support & Wellness Program: 416-572-3575 Mon-Fri 9am-5pm  
*Individual & Groups Supports for Caregivers in East Toronto*

Toronto Seniors Helpline: 416-217-2077 Mon-Fri 9am-8pm; Sat & Sun 10am-6pm  
*Up to date information on community services for seniors*

Ontario Caregiver Helpline: 1-833-416-2273 available 24/7  
*Information and support for caregivers*

ConnexOntario: 1-866-531-2100 available 24/7  
*Access to addiction & mental health services*

Telehealth Ontario: 1-866-797-0000 available 24/7  
*Get free medical advice from a health professional*

Distress Centres of Toronto: 416-408-4357 available 24/7  
*Get emotional support & crisis intervention*

**If comfortable, leave a voicemail in English with your name, phone number & language you speak. Or, try to call back again.**

