

## Mental Health Support:

### **Beanbag Chat App**

*Services available:* Online peer support and/or counselling from partner organizations, online mental health support tools

<http://www.beanbagchat.ca/>

### **Central Toronto Youth Services (CTYS)**

*Services Available:* Over-the-phone counselling services

416-924-2100 | [www.ctys.org](http://www.ctys.org)

### **East Metro Youth Services (EMYS)**

*Services available:* Over-the-phone counselling services for youth

416-438-3697, press 1, then press 0 | [www.emys.on.ca](http://www.emys.on.ca)

### **Friends of Ruby (formerly Egale Youth Services) – For LGBTQ2S Youth up to Age 29**

*Services available:* Over-the-phone crisis counselling

489 Queen Street E, LL01 | [friendsofruby.ca/](http://friendsofruby.ca/) | 416-359-0237 | [info@friendsofruby.ca](mailto:info@friendsofruby.ca)

**Good2Talk - Ontario Post-Secondary Student Support:** 1-866-925-5454 (to speak to a counsellor) | text 'GOOD2TALKON' to 686868 (to speak with a trained Volunteer Crisis Responder)

### **Kids Help Phone**

*Services available:* confidential and anonymous over-the-phone or text-based counselling available 24/7 to young Canadians between ages 5 to 29 years-old.

1-800-668-6868 | text 'CONNECT' to 686868

### **LGBT YouthLine**

*Serviced available:* Email, text, and chat support. Sunday-Friday 4pm-9:30pm EST

*Text:* 647-694-4275 | <https://www.youthline.ca/> | [askus@youthline.ca](mailto:askus@youthline.ca)

### **Skylark Youth Services**

*Services available:* Over-the-phone counselling for youth on Mondays, Tuesdays, Fridays 9am-1:30pm.

416 482 0081 press 6 | [www.skylarkyouth.org](http://www.skylarkyouth.org)

### **Sheena's Place**

*Services available:* Registration for online eating disorder support groups

<https://sheenasplace.org/>

### **Stella's Place**

*Services available:* Virtual drop-in counselling, virtual peer support meetings, virtual studio, employment support. See attachment for further details: [https://stellasplace.ca/wp-content/uploads/2020/03/COVID-19-Flyer\\_Online\\_March-27.pdf](https://stellasplace.ca/wp-content/uploads/2020/03/COVID-19-Flyer_Online_March-27.pdf)

416-461-2345 ext. 0 | [connect@stellasplace.ca](mailto:connect@stellasplace.ca) | <https://stellasplace.ca/>

### **what's up walk-in clinic (Griffin Centre)**

*Services available:* Over-the-phone "walk-in" support on Mondays from 1:30pm-7pm (with the last appointment at 6pm). Call the number below to leave a message, and an intake worker will call back.

416-222-4380 | <http://www.griffin-centre.org/> | [walk-in@griffincentre.org](mailto:walk-in@griffincentre.org)

**what's up walk-in clinic (YouthLink)**

*Services available:* Over-the-phone “walk-in” support Mondays to Fridays  
416-967-1773 x222 | For walk-in hours: <https://youthlink.ca/contact-youthlink/>

**Yorktown Family Services**

*Services available:* Over-the-phone counselling  
Contact: 416 669 3521 | [www.yorktownfamilyservices.com](http://www.yorktownfamilyservices.com)

**YouthLink**

*Services Available:* Mental Health Supports (see what's up walk-in clinic information above), housing services, and residential services.  
416- 967-1773 | <https://youthlink.ca/>

**Other Essential Supports / Services:**

**For Youth Initiative (FYI)**

*Services available:* Over-the-phone, educational, immigration, housing, and referral services for youth  
647-491-9907 | [www.foryouth.ca](http://www.foryouth.ca)

**Friends of Ruby (formerly Egale Youth Services) – For LGBTQ2S Youth up to Age 29**

*Services available:* Over-the-phone housing help  
489 Queen Street E, LL01 | [friendsofruby.ca/](http://friendsofruby.ca/) | 416-359-0237 | [info@friendsofruby.ca](mailto:info@friendsofruby.ca)

**Immigrant Youth Centre**

*Services available:* Over-the-phone information and referral services from a Youth Settlement Worker  
905-294-8868 | [www.cicsiyc.org](http://www.cicsiyc.org)

**The 519 Community Centre**

*Services available:* Take-away meals during COVID-19: Monday-Friday meals served at 1pm and 4pm;  
Saturday and Sunday meal served at 12:30pm  
519 Church Street | [www.The519.org](http://www.The519.org) | 416-355-6782

**Toronto District School Board Food Card Program**

*Services available:* \$50 food card for each child in a household who attends selected school in TDSB/TDSB  
416-397-3488 | [foodforkids@tdsb.on.ca](mailto:foodforkids@tdsb.on.ca) | <https://www.surveymonkey.com/r/WDT79PC>

**Career Related Information and Free Workshops**

**Acces Employment** - Online workshops to help with job search, interview preparation, networking, building you brand: <https://acesemployment.ca/online-event-series>

**Careers Education Empowerment- Centre for Young Black Professionals-** <https://ceetoronto.org/>

**CERIC- Advancing Career Development in Canada:** <https://ceric.ca/covid-19/>

**COVID-19 Resources for Small Businesses:** <https://www.futurpreneur.ca/en/2020/covid-19-resources-for-small-businesses/>

### **The Career Foundation**

*Services available:* Employment Services

<https://careerfoundation.com/> | email: [tshahzad@careerfoundation.org](mailto:tshahzad@careerfoundation.org)

### **LinkedIn**

- [Resources to Help You Navigate the Challenges of Today's Job Market](#) (features free courses)
- [How LinkedIn can help you find a job](#) (features free courses)
- [Most in-demand jobs during the Coronavirus](#)
- [Skills Companies Need Most 2020](#)
- [Our continually-updated report on the Coronavirus](#) and how it's affecting jobs and the economy.
- **Free online courses:**
  - [Career Advice from Some of the Biggest Names in Business](#)
  - [Rock Your LinkedIn Profile](#)
  - [Mastering Common Interview Questions](#)
  - [10 Free LinkedIn Learning Courses That'll Make You a Better Professional](#)
- [LinkedIn 2020 Emerging Jobs Report](#)
- [What Employers Really Want to See in New Graduates](#)
- [Excel Online Courses](#)

### **Online Learning:**

- [Harvard edX](#)
- [MOOC](#)
- [Coursera](#)
- [Blinkist](#): free until April 25<sup>th</sup> for books and audiobooks.
- [Udemy](#)
- [Smart Serve](#): Smart Serve Ontario is offering Free Training for the month of April (*there may be a charge for the final assessment*)
- [MaRS Ventures Entrepreneurship 101 for new entrepreneurs](#):

Please email [entrepreneurship101@marsdd.com](mailto:entrepreneurship101@marsdd.com) for information on waiving the \$45 course cost.

### **Financial Support:**

**COVID-19: Resources for Workers and Renters** – Canadian Centre for Policy Alternatives

<https://www.policyalternatives.ca/workersrenters>

### **Glad Day Book Shop**

*Services available:* Currently offering an emergency fund for LGBTQ2S artists, tip-based workers, and performers. Apply on their website

499 Church Street | [www.gladdaybookshop.com](http://www.gladdaybookshop.com) | 416-901-6600

## Government of Canada's COVID-19 Financial Support Options:

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>

- [Canada Emergency Response Benefit \(CERB\)](#): Provides \$2,000 per month for up to 4 months to any workers who have lost their income for reasons related to COVID-19, including sickness, self-isolation / quarantine, taking care of someone with COVID-19, and working parents who need to stay at home with their children during school / daycare closures. This applies to wage earners, contract workers, and self employed individuals. Applications for this benefit will begin April 6, with payments to Canadians set to start on April 16.
- [Employment Insurance Benefits](#)

## Legal Information / Rights:

**COVID-19: Resources for Workers and Renters** – Canadian Centre for Policy Alternatives

<https://www.policyalternatives.ca/workersrenters>

### **Justice for Children and Youth**

*Services available:* Over-the-phone and by email, legal services for youth.

Contact: 416 920 1633 or toll free at 1 866 999 5329

### **Progressive Barristers: Rental Housing & COVID-19 (some FAQs)**

<https://www.progressive.law/news/rental-housing-and-covid-19-some-faqs>

### **Steps to Justice: Your Guide to Law in Ontario:** [stepstojustice.ca/covid-19](http://stepstojustice.ca/covid-19)

COVID-19: Updates on the law and legal services (including applying for EI, evictions, etc)

## Spiritual / Religious Supports:

### **Metropolitan Community Church of Toronto Online Worship Services:**

<https://www.mcctoronto.com/news/mcc-toronto-temporarily-closed/>

**Muslim Alliance for Sexual & Gender Diversity Virtual Check-In and Dhikr Session:** (RSVP to receive a zoom link):

[https://docs.google.com/forms/d/1Rdr5CzvikQb5lbWnVrkkYS27dKvNJzf7XKdafwXsXzA/viewform?edit\\_request=true](https://docs.google.com/forms/d/1Rdr5CzvikQb5lbWnVrkkYS27dKvNJzf7XKdafwXsXzA/viewform?edit_request=true)

## Support Through Social Media & More:

**CanYouth** – A new online forum created by Canadian youth for Canadian youth to share their ideas (launching soon). It aims to provide accurate and up-to-date information on COVID-19: <https://www.canyouth.ca/>

Facebook: <https://www.facebook.com/groups/2679754065497674/>

**@hellomynameiswednesday** - Non-Binary Artist and Advocate who shares lovely and colourful drawings

Platform: Instagram

**@Queer.Collective** - A Toronto-Based Cyber Safe Space

Platforms: Instagram, Youtube, Podcast and [www.queercollectiveto.com](http://www.queercollectiveto.com)

**@Queering.Desi** - A Podcast that celebrated the uniqueness of South Asian LGBTQ+ people.

Platforms: Instagram, Facebook, Podcasts, Twitter and <https://www.queeringdesi.com/>

**@radicalcreativesanctuary** - Self-compassion, self-love

Platforms: Instagram, Podcast (The Soft Shoulder Podcast) and <https://www.radicalcreativesanctuary.com/>

**@shadesofcolouryeg** - QTBIPOC support and advocacy collective in Edmonton. Hosting a BIPOC and QTBIPOC weekly online check-in on Wednesdays. DM for more information

Platform: Instagram, Facebook