

We know that 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.

Over-the-Phone Support:

Crisis Lines 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)

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

USA's National Suicide Prevention Lifeline (24/7): 1-800-273-8255

suicidepreventionlifeline.org/help-yourself/lgbtq/

ALSO AVAILABLE TO FOLKS IN CANADA VIA A TOLL-FREE NUMBER AND ONLINE CHAT

Offers information and resources (including info on coping with the loss of a loved one to suicide, coping after a disaster, and coping after an attempt of harm), including specific resources for LGBTQ+ folks, Indigenous folks, and folks who live with hearing impairment

For LGBTQ2S Folks of All Ages

The 519 Community Centre

519 Church Street | www.The519.org | 416-355-6782

Offering Friendly Phone Check-Ins during COVID-19. Click the link below to sign up

The519.formstack.com/forms/friendly_phone_program

Woodgreen Community Services

815 Danforth Avenue, Suite 100 | <https://www.woodgreen.org/> | 416-645-6000 ext.1990 | info@woodgreen.org

Over-the-phone walk-in counselling. On Tuesdays and Wednesdays starting at 4pm. Intakes will occur from 4:15pm-6:30pm. Call the above number and extension for an intake, if no one answers, please leave a message and call back number.

For LGBTQ2S Youth

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

489 Queen Street E, LL01 | friendsofruby.ca/ | 416-359-0237 | info@friendsofruby.ca

PHONE/EMAIL SUPPORT ONLY: *contact the above phone number/email to access crisis supports, housing help*

what's up walk-in clinic – For LGBTQ2S Youth up to Age 29

1126 Finch Avenue West, Unit 16 | <http://www.griffin-centre.org/> | 416-222-4380 | walk-in@griffincentre.org

There will be a counsellor who is a part of the 2SLGBTQIA+ community providing phone support on Mondays from 1:30pm-7pm (with the last appointment at 6pm). Call the above number to leave a message, and an intake worker will call back.

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:

Anxious Times Support Group

Free therapist-led online drop-in group to share, be heard, and find new ways of supporting yourself during the COVID-10 pandemic. Every Thursday in April from 2pm-3pm. To register:

<https://www.eventbrite.ca/e/anxious-times-support-a-drop-in-online-support-group-tickets-101596194954?fbclid=IwAR2vO5qhR5GtxhFygFMJVYJiOUwmbCHNqtgINu8YVy5MD9T90tJv2KbdXU>

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

Metropolitan Community Church of Toronto Online Worship Services:

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

Muslim Alliance for Sexual and 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

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

Online AA Meetings During COVID-19

- <http://aa-intergroup.org/directory.php>
- docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic

Toronto Public Health COVID-19 Current Situation Report

www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/

If You Are Experiencing Abuse:

1 in 6 Men's Helpline Chat – For Men, Non-Binary, and Trans Folks

24/7 | 1in6.org/helpline/ Use the online chat to access counselling, support, and other resources

Assaulted Women's Helpline – For Women, Non-Binary, and Trans folks

24/7 | 416-863-0511 | TEXT #SAFE (#7233) on your cell phone

Call for access to Violence Against Women (VAW) shelters, counselling, support, and other resources

Articles and Resources for Coping:

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

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

Care for your Coronavirus Anxiety

www.virusanxiety.com

An online toolkit with supports for anxiety, meditations, and coping with increased xenophobia

Coronavirus: Ten Reasons Why You Ought not to Panic

theconversation.com/coronavirus-ten-reasons-why-you-ought-not-to-panic-132941

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

www.independent.co.uk/news/world/europe/coronavirus-italy-siena-song-canto-della-verbena-video-lockdown-a9399176.html?

Free Daily Meditations for Stress Relief, Wellness, Support & Resilience

<https://free.healthjourneys.com/>

Hope and Healing After Suicide (CAMH)

www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf

Nine Simple Interventions for Depression During COVID-19...And for All Challenging Times

https://www.psychotherapynetworker.org/blog/details/1732/nine-simple-interventions-for-depression-during-covid?fbclid=IwAR0zKstOq5-t_QYY0MV4k9LZ0kVPjmuxjfqfJcr-Uud8wBLK1y6mUdV6VwM

Pandemic Pushing Your Anxiety Buttons?

cmha.bc.ca/news/managing-anxiety-covid-19/

Self-Care Tips if You Become Sick

docs.google.com/document/d/1DioVg-8nu25up0JMdd-w3AsJPy1tI0MsobfG6TzGOws/mobilebasic

Self-care tips if you do become sick with COVID-19 and/or have symptoms