

COVID-19 Housing Resources

COVID-19 Housing-related Resources

1. Social Planning Toronto COVID-19 - Housing Supports, Income / Financial Supports (plus more) (https://www.socialplanningtoronto.org/covid_19_resources)
2. City of Toronto - COVID-19: Tenants & Property Owners (Information Hub) (<https://www.toronto.ca/home/covid-19/covid-19-financial-social-support-for-people/covid-19-tenants-property-owners/>)
3. CLEO - Steps to Justice - Updates on housing law (including evictions and rent, and safety and privacy)(<https://stepstojustice.ca/legal-topic/housing-law>)
4. Centre for Equality Rights in Accommodation - Eviction or human rights issues (<https://www.equalityrights.org/>)
5. Advocacy Centre for Tenants Ontario (ACTO) – Tenant Duty Counsel Program (during COVID-19) (<https://www.acto.ca/>)
6. Toronto Drop-In Network (TDIN) – COVID-19 Information & Resources (<https://www.tdin.ca/>)
7. Legal Aid Ontario – COVID-19 Legal Aid Services (<https://www.legalaid.on.ca/covid-19-legal-aid-services/>)
8. Government of Ontario – Renting: changes during COVID-19 (coronavirus) (<https://www.ontario.ca/page/renting-changes-during-covid-19#section-0>)
9. Landlord & Tenant Board – Important Updates at the LTB (<http://www.sjto.gov.on.ca/ltb/>)
10. FMTA – Federation of Metro Tenants’ Associations – Information for Tenants (COVID Updates) (<https://www.torontotenants.org/>)

COVID-19 Housing Resources

Mental Health Supports & Self-Care

Crisis Lines

Toronto Public Health COVID-19

Hotline (8:30am – 8:00pm) - 416-338-7600

Toronto Distress Centre – 416-408-4357

Assaulted Women's Helpline – 416-863-0511

Talk4Healing (helpline for Indigenous women) - 1-855-554-HEAL

Kids Help Phone – 1-800-668-6868

Toronto Seniors Helpline 416-217-2077

Self-Care & Supports

Toronto Public Health Pandemic Plan: A Planning Guide for Housing Service Providers and Shelters (https://www.toronto.ca/wp-content/uploads/2020/03/8ee1-TPH-Pandemic-Plan_Planning-Guide-for-Housing-Service-Providers-and-Shelters.pdf)

CAMH – Centre for Addictions and Mental Health – Mental Health and the COVID-19: Resources for health care workers (<https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>)

Care for Caregivers – Mental Health Support for Health Care Providers (BC) (<https://careforcaregivers.ca/>)

Soma Integrative Wellness – Free Resources (Online) (<https://www.somaintegrativewellness.com/free-resources/video-memberships/?fbclid=I-wAR1-k2IEawcXTd2EcTzFcuqLWogaOgFmPPP-9gaLYnEQ95OI4hJVntSZaZs>)

SAMHSA – Substance Abuse and Mental Health Services Administration (USA) (<https://www.samhsa.gov/>)