

# 211 Ontario can help you find support during COVID-19



- Do you feel **overwhelmed** or **anxious** about COVID-19? Do you want information on mental health services to manage those feelings?
- Do you have **money needs** because of self-isolation measures?
- Do you have questions about applying for **Employment Insurance**?
- Do you need help getting **groceries** or **running errands** while you are at home sick or self-isolating?

## 211 Ontario is here to help

Our calls, chats and emails are answered by caring and professional staff who can help you understand and access programs available to you.



**Speak with us by phone.** Dial 2-1-1 on your cell phone or home phone to speak with us. Our phone service is available 24 hours a day, 7 days a week and in 150 languages.



**Chat with us online.** Visit [www.211ontario.ca](http://www.211ontario.ca) and click the 'Live Chat' button. Chat service is available 7am to 9pm Monday to Friday.



**Search our online listing.** Visit [www.211ontario.ca](http://www.211ontario.ca) and search by location and topic. We regularly add new programs, services and financial supports to the listing as we learn about them.

211 is a telephone helpline and online database of Ontario's community and social services. The service is free and confidential and is available during COVID-19 and beyond – whenever you need the support!



**Help Starts Here**