

Life Can Be Hard

Finding Help Can Be Easy



Health and Mental Health Services



Newcomer and Immigrant Services



Food Banks and Meal Programs



Housing, Shelters and Utility Help



Seniors' Services and Home Care



Government Programs and Services



Parenting and Family Programs



Disability Supports and More

Contact 211 day or night to find support for all of life's challenges

211 HELPLINE: FREE | CONFIDENTIAL |
24/7 | 150+ LANGUAGES



SUPPORTED BY:



TOLL-FREE: 1 (877) 330-3213 TTY: 1 (888) 340-1001



CALL
2-1-1



E-MAIL

gethelp@211ontario.ca



SEARCH OR CHAT



211Ontario.ca