



## YOUTH RESOURCES – Available by Phone/Online During COVID-19

### 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) or text 'GOOD2TALKON' to 686868 (to speak with a trained Volunteer Crisis Responder)

#### **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)



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### **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/>

### **Resources/Service Navigation:**

#### **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**

**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/>

**Entrepreneurship 101:** <https://marsdd.com/service/entrepreneurship-101/>

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

#### **Free LinkedIn Learning Courses**

<https://learning.linkedin.com/blog/education/10-free-linkedin-learning-courses-that-ll-make-you-a-better-prof>

#### **Resources to Help You Navigate the Challenges of Today's Job Market:**

<https://blog.linkedin.com/2020/march/26/resources-to-help-you-navigate-the-challenges-of-todays-job-market>

#### **The Career Foundation**

*Services available:* Employment Services

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

## 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.mccutoronto.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/1Rdr5CzvikQb5IbWnVrkkYS27dKvNJzf7XKdafwXsXzA/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1Rdr5CzvikQb5IbWnVrkkYS27dKvNJzf7XKdafwXsXzA/viewform?edit_requested=true)

## 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

### **Employment Insurance Benefits - How EI benefits will work during this time**

[www.cp24.com/mobile/news/how-ei-benefits-for-covid-19-guarantines-will-work-1.4848908](http://www.cp24.com/mobile/news/how-ei-benefits-for-covid-19-guarantines-will-work-1.4848908)

*How to Apply:* <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/before-applying.html>

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

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

## 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/>

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



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**@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