



COVID-19 Mental Health Support Strategy

Toronto is a city that supports. In partnership with community organizations, the City has taken action to support vulnerable residents to stabilize their lives during the COVID-19 pandemic. Mental health is a critical part of this support.

The City has developed a Mental Health Support Strategy (MHSS) that responds to the needs of diverse Toronto residents during the COVID-19 pandemic. To assist residents experiencing stress and anxiety due to being isolated, quarantined with a positive COVID-19 diagnosis, experiencing financial hardships or other mental health stressors, the City has partnered with several key mental health service providers to support the mental wellbeing of Toronto's most vulnerable residents during this time. The City's MHSS emphasises children and youth, seniors, frontline workers, as well as those with intersectional identities, such as Indigenous, Black, racialized, persons with disabilities and LGBTQ2S, who are struggling with isolation, stress and anxiety exacerbated by COVID-19.

Residents can contact 211 by phone, text or web chat to get referred or directly transferred to MHSS partner agency for direct mental health support. Updated mental health service information is also available on 211toronto.ca.

The City recognizes that many Torontonians feel sad, stressed, anxious, confused, scared or angry during the current COVID-19 crisis. These are normal and common responses to unexpected or stressful situations.

For more information about the City's MHSS and access to more mental health resources visit the official MHSS [webpage](#).

Partners:

