



Where to find support during COVID-19

Call 211 for any non-emergency help in Ontario.

You can speak to someone about services such as:

- ⇒ Grocery delivery
- ⇒ Prescription delivery
- ⇒ Personal care support
- ⇒ Mental health support
- ⇒ Recreation activities

Need groceries delivered?

- ⇒ [Click here](#) for a list of Toronto grocery stores that are delivering during the pandemic

Bored?

- ⇒ [Click here](#) for a variety of free, at-home recreational activities to keep you busy during the pandemic

How to protect yourself

- ⇒ If you are an older adult or have a chronic medical condition, [click here](#) to find out what you can do to protect yourself from COVID-19

At Grace Health Centre, we are doing our best to ensure that the health needs of our patients are met during this difficult time.

If you have any health concerns that your doctor can help to address, please call us to book a [phone appointment](#) to discuss your concerns.

Tel: (416) 633-7337

• **Mental Health Support**

It is normal to feel sad, anxious, or stressed during these difficult times. If you are in need of mental health support, [click here](#) to access City of Toronto free COVID-19 Mental Health Resources.

• **What to do if you think you have COVID-19**

If you develop symptoms of COVID-19, call **Telehealth Ontario** for medical advice at **1-866-797-0000** or contact your local public health unit. Be sure to mention your symptoms and your travel history. Don't know your local public health unit phone number? Call **211** for the number.

• **Self-Assessment**

[Click here](#) if you are worried about COVID-19 symptoms or if you have been exposed to individual(s) with COVID-19 to complete an online self-assessment.

• **Physical Distancing**

We hope you will join us in maintaining at least 6 feet of space between yourself and others whenever possible and practicing good hygiene habits such as frequent hand-washing to stop the spread. [Click here](#) to learn about how to properly practice physical distancing.

Support for older adults

Call 211 for any non-emergency help in Ontario. You can speak to someone about services such as:

- ⇒ Grocery delivery
- ⇒ Prescription delivery
- ⇒ Personal care support
- ⇒ Mental health support
- ⇒ Recreation activities

Designated shopping hours for seniors

Many grocery stores and pharmacies are designating certain hours of the day only for seniors.

- ⇒ Shoppers Drug Mart: Many locations are offering designated shopping hours for seniors during the first hour of the day. [Click here](#) to find your location and store hours
- ⇒ Visit your preferred grocery store website for updated senior shopping hours

- **Grocery and food hamper delivery services for isolated and/or vulnerable seniors**

[Click here](#) for meal, food hamper, and medication delivery services for isolated and vulnerable seniors during the pandemic provided by *Carefirst Seniors and Community Services Association*

[Click here](#) for meal and grocery delivery for isolated, vulnerable seniors provided by the *Centre for Immigrant and Community Services*

[Click here](#) for meal and emergency food boxes for low-income seniors as well as culturally appropriate services for Chinese, Russian, South Asian, and Farsi speaking seniors who are having difficulty accessing food during the pandemic provided by *Community and Home Assistance to Seniors*

[Click here](#) for food essentials for vulnerable seniors who are having difficulty accessing food and essential items during the pandemic provided by *Circle of Care, Sinai Health*

- **Medication delivery**

Many pharmacies are offering medication delivery during the pandemic.

Call your pharmacy to inquire about medication delivery services before picking up your medication

Disclaimer

The above resources are meant to direct individuals to support services provided by other organizations. Grace Health Centre is not associated with the above organizations in any way nor do they endorse us.