

Some housing emergency/help phone numbers

Psychological and emotional support

If you are stressed out and would like to speak to somebody as soon as possible:

You can reach Workman Arts Virtual Front Desk staff:

Mondays, 11 AM - 1 PM: Amanda Lederle

email amanda.virtualdesk@gmail.com, text or call (647) 696-0893

Tuesdays, 3-5 PM: Tope Akinyimide

email tope.akinyimide@workmanarts.com, text 647-492-6515

Wednesdays, 11 AM - 1 PM: Amanda Lederle

email amanda.virtualdesk@gmail.com, text or call (647) 696-0893

Wednesdays 3-5 PM: Rodrigo Marti

email greengoldlightyellow@gmail.com, text or call (343) 308-3266

Thursdays, 2-4 PM: Christeen Salik

email christeen.salik@gmail.com, text or call (289) 779-4114

Fridays, 3-5 PM: Nate Enkel

email nathanenkel@gmail.com, text or call (416) 887-4259

If you need some support but can wait for a reply:

- Justina Zatzman, Membership Manager at Workman Arts, justina_zatzman@workmanarts.com, 416 583-4339 ext. 9

Stress/distress/crisis numbers:

- Gerstein Crisis workers, available 24-hours a day, 7 days a week at (416) 929-5200
- Distress Centre: 416-408-HELP (4357)
- Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511
- Suicide Prevention Helpline: 1-833-456-4566

Housing help

If you need a spot in a shelter or a respite center:

Please call the Central Intake Line at 416-338-4766, 1-877-338-3398 toll-free or 311 to be referred to available shelter and respites spaces. Calling in advance will avoid that you have to travel between different centers before finding a spot.

If you need street level legal, social or housing support from a social justice based clinic:

Here is [alabclinic](#): (647) 946 8833.

They say: "The All Lawyers Are Bad Resource Clinic (alab) was born out of the 2020 summer protests for racial justice and police abolition. While involved in grassroots activism in Toronto our co-directors saw a need for street level legal, social, and peer support outreach. What started as helping a handful of individuals has turned into a committed long term practice. Our practice prioritizes individuals who have found other legal and social assistance resources inaccessible for any reason including living/housing situation, their location in the city, lack of phones/internet access, or accessibility needs. We will always strive to make sure our clients feel safe and listened to."

If you need help to find housing:

Housing workers in Housing Centres can support you in finding housing and in applying for help to cover your rent. Help to pay rent include the Toronto Transitional Housing Allowance (TTHAP; between \$250 and \$500/month) and the [Canada-Ontario-Housing-Benefit \(COHB\)](#) which is a new program with benefits higher for those with lower income.

Please call:

- West Toronto Housing Help Centre, 1032 Bloor Street W. (Bloor and Dovercourt, possibly no walk-in because of covid): 416 531 0841
- WoodGreen Housing Help Centre, 650 Queen Street E. (Queen and Don Valley, no walk-in): 416 645 6000 ext. 1891 or 2500 or 2510
- Other [Housing Centres](#)
- You can also try to go to a drop-in such as Sanctuary at 25 Charles Street (Yonge/Wellesley) and ask to speak to an outreach or a housing worker. Or call them at: 416-922-0628.

If you need help to pay your rent right now:

You can get a loan/help from the Toronto Rent Bank: 416-397-RENT (7368)

If you are facing eviction:

The [Eviction Prevention Intervention in the Community](#) (EPIC) is a City of Toronto program that provides wrap around eviction prevention services in order to help tenants facing imminent risk of eviction.

EPIC COORDINATOR:

It is best to try to reach out to Janeen first; she will put you in touch with your EPIC worker.

Janeen Alexander

416-397-9202 | email: Janeen.Alexander@toronto.ca

ONE OF THE EPIC WORKERS

Joshua Chan (he/him)

The Neighbourhood Group | St. Stephen's Community House

416-803-9424 | email: joshua.chan@sscto.ca

List collected by claudette wittmann, artist, ODSP and TTHAP recipient (January 2021)