

COVID-19 Psychological Support (CPS) Program for Essential & Frontline Workers

ARE YOU AN **ESSENTIAL OR FRONTLINE WORKER** WHO:



Would like to access counselling or mental health support?



Is at risk of exposure to COVID in the workplace?



Lives or works in the City of Toronto?



Does not have mental health coverage?

REGISTERED PSYCHOLOGISTS ARE READY TO HELP AT NO COST!* HERE'S HOW:



Call **2-1-1** (Free, confidential, 24/7, 150+ languages)



Talk to your family doctor, nurse practitioner or primary care team to be connected!

**Essential workers
without benefits
don't have to
suffer alone.**



* Grant provided by the City of Toronto

