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!









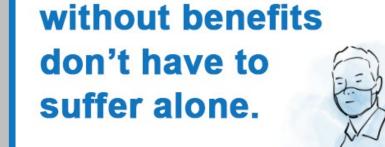












Essential workers



* Grant provided by the City of Toronto