

Toronto Seniors Helpline

*One phone call.
Many ways we can help.*

If you are a senior or know a senior who would benefit from:

- Community supports, such as Meals on Wheels, transportation and adult day programs
- Crisis services
- Care at home, such as nursing and personal support
- Supportive counselling over the phone
- Caregiver resources and support

Toronto Seniors Helpline is here for you.

416-217-2077

TTY: 1-844-946-1700

365 days a year.

Interpretation available in 100+ languages.

Funded by:
 **Ontario**
Toronto Central Local Health
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