



**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 

Toronto Seniors Helpline is here for you.

416-217-2077

1-877-621-2077

www.torontoseniorshelpline.ca

Calls are answered 365 days a year.
Interpretation available in 100+ languages.
Web Chat available



Opportunity made here.

