

## Need mental health support? More resources...



**TORONTO**  
moving on mental health  
**LEAD AGENCY**

### **East Metro Youth Services:**

What: Providing telephone counselling during Covid-19

Ages: Youth

Hours: Monday to Thursday 2 p.m. to 8 p.m.  
Friday 10 a.m. to 5 p.m.

Link: <http://emys.on.ca/>

Call: 416 438 3697, press 1 and then press 0



### **SKYLARK**

What: A leading Toronto-based charity dedicated to children, young people and their families struggling with complex mental health and developmental needs

Ages: All – students and their parents

Link: <https://www.skylarkyouth.org/>

Hours: Monday, Tuesday, Fridays 9 a.m. to 1:30 p.m. & Wednesdays 11am-7pm

Call: 416 482 0081, press 6

Hours: Monday, Tuesday, Thursday 1:30 p.m. to 6 p.m.

Call: 416 482 0081, press 5