

This resource list includes information about resources, services and organizations that may help support those looking for short and long-term housing in Toronto. While the Mental Health Team is committed to regularly updating this resource list, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team

## EMERGENCY HOUSING & EVICTION PREVENTION:

**Emergency Shelters & Homeless Help (all ages)** | Call Central Intake Line at 416-338-4766 or 1-877-338-3398 toll-free, 24 hours a day, 7 days a week to be referred to available shelter and respite spaces

**Emergency Shelter options for Youth** | Visit this website for a list of Youth Shelters in Toronto: <https://211central.ca/results/?searchLocation=Toronto&topicPath=581&latitude=43.653226&longitude=-79.3831843&sd=100>

**Nisa Homes** | A group of transitional homes for Immigrant, Refugee and Muslim women who are homeless or at risk of becoming homeless. Website: <https://www.nisahomes.com/apply> or call: 1-888-456-8043, Mon-Fri 10am - 6pm EST

**Housing Stabilization Fund** | A fund intended to prevent homelessness by meeting the emergency housing needs of Toronto residents who are OW and ODSP recipients. This fund can assist with securing last month's rent, purchasing household items, rental arrears, energy arrears and moving costs. For more info visit: <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/policies-and-procedures/housing-stabilization-fund/> or call your OW or ODSP worker to see if you qualify: 416-397-5550

**Toronto Rent Bank** | Financial grants providing support to Toronto residents who are not recipients of OW/ODSP and who are in rental arrears or need help with a rental deposit. For more info visit: <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/toronto-rent-bank/>

## SUBSIDIZED, SUPPORTIVE & TRANSITIONAL HOUSING:

**Subsidized Housing** | Rent-geared-to-income (RGI) housing managed by the City of Toronto. RGI housing is permanent housing. To get on the waitlist for RGI housing visit: <https://www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy/applying-for-rent-geared-to-income-housing/>

**Transitional Housing** | Transitional or second-stage housing is temporary housing that bridges the gap between a shelter & long-term/permanent housing. To find and apply to this type of housing, visit: <https://www.torontocentralhealthline.ca/listServicesDetailed.aspx?id=402587>

**Housing Help Centres** | Non-profit agencies helping people find and keep housing. To find a centre near you visit: <https://www.toronto.ca/community-people/housing-shelter/homeless-help/housing-help/>

**Aboriginal Housing Support Centre** | A non-profit housing help centre helping Aboriginal people apply to subsidized housing & prevent homelessness. For more information visit: <https://aboriginalhsc.org/> or call: 416-281-2057

**The Access Point** | A centralized hub for supportive housing, mental health and addictions services in Toronto for youth (age 14+) and adults. To apply visit: <http://theaccesspoint.ca/> or call 416-640-1934 Mon-Fri, 9am-5pm

### ASSISTED LIVING, LONG-TERM CARE HOUSING & RETIREMENT HOMES:

**Ontario Health atHome** | Care coordinators help Ontario residents apply for assisted living, supportive housing, or a long-term care home depending on their needs and ability. For more information visit: <https://ontariohealthathome.ca/> or call: [310-2222](tel:3102222) (no area code required).

**Retirement Homes Regulatory Authority (RHSA)** | A not-for-profit and self-funded regulator mandated by the government to protect and ensure the wellbeing of seniors living in Ontario's retirement homes. If you are looking for a retirement home, visit the website to search the retirement home database: <https://www.rhra.ca/en/>

### FURNITURE

**The Furniture Bank** | Supporting families and individuals experiencing furniture poverty by providing them with free furniture. To gain access to the furniture bank, people must be referred by a community partner. For a list of community partners please visit: <https://www.furniturebank.org/access-our-services/>