



Telephone-Based Community Information and Services for Seniors

2-1-1

Community Information Centre of Ottawa connects you with supports and services. Information available in 150+ languages.

easternontario.cioc.ca/

3-1-1

City of Ottawa provides information and services for residents about municipal services.

ottawa.ca/en/3-1-1

Resources to Stay Socially Connected

A Friendly Voice offers a telephone friendly visiting line for seniors 55+.

Rural Ottawa South Support Services

613-696-9992 or 1-855-892-9992

afriendlyvoice.ca

Seniors' Centre Without Walls organizes free telephone group activities for seniors 55+ and adults with physical disabilities.

The Good Companion Centre

thegoodcompanions.ca/programs-services/expanded-scoww-program

Other Resources and Supports

Distress Centre of Ottawa and Region is a local connection to mental health support and resources, 24 hours a day, 7 days a week.

Distress: 613-238-3311

Crisis: 613-722-6914 or 1-866-996-0991

dcottawa.on.ca

TelAide offers a service d'écoute téléphonique en français aux personnes qui ont besoin d'une oreille, qui nécessitent du soutien ou de références.

1-800-567-9699

telaideoutaouais.ca



Elder Abuse Response and Referral Service provides intake, information, consultation, referral, and support services for seniors at-risk or who are in an abusive situation.

613-596-5626 ext. 230

Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support.

1-833-416-2273 (CARE)

ontariocaregiver.ca

LGBT Wellbeing Check-in Program provides a telephone assurance program for LGBT adults with disabilities (18+) and older adults (55+).

The Good Companions Centre

613-236-0428 or info@thegoodcompanions.ca

thegoodcompanions.ca

Tele-Health Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

1-866-797-0000

ontario.ca/page/get-medical-advice-telehealth-ontario

What should older adults and their caregivers know about COVID-19

Ottawa Public Health ottawapublichealth.ca/pandemic-prep

Follow Ottawa Public Health on [Twitter](#) or [Facebook](#) to receive regular updates

Ontario Ministry of Health ontario.ca/page/2019-novel-coronavirus

Health Canada / Public Health Agency of Canada canada.ca/covid-19

World Health Organization who.int/covid-19

Reliable Canadian Media Sources on COVID-19

English

Ottawa Citizen

ottawacitizen.com/tag/coronavirus

The Globe and Mail

theglobeandmail.com/topics/coronavirus

CTV News ctvnews.ca/health/coronavirus

CBC News cbc.ca/news/covid-19

French

CBC Radio-Canada

ici.radio-canada.ca/coronavirus

LeDroit ledroit.com/actualites/covid-19

LeDevoir ledevoir.com/coronavirus

TVA tvouvelles.ca/actualites/coronavirus