

# Need help finding healthcare and social services in East Toronto?



If you have a family doctor or nurse practitioner, contact them first. They may offer afterhours care for their patients.



## In-person



### Your local pharmacy

Pharmacists in Ontario can now treat and prescribe medications for 19 minor health concerns, including pink eye, tick bites, urinary tract infections (UTIs), acne and more. Visit [ontario.ca/pages/pharmacies](https://ontario.ca/pages/pharmacies) to learn more.



### Health Access Taylor-Massey (4 The Market Place)

Talk to a resource navigator. This is a healthcare professional who can help connect you with the services you need in the health, social and community services systems. Visit [ethp.ca/HATM](https://ethp.ca/HATM) to learn more.



## Online

Use this resource to find seniors and caregiver services, mental health (wellness) services, newcomer supports and more!



### [ethp.ca/FindServices](https://ethp.ca/FindServices)

A great place to start if you are looking for health, social and community services in East Toronto.



## By phone

Available 24/7 in different languages!



2-1-1

For help finding social services, financial assistance programs or community supports.

8-1-1

Talk to a healthcare professional who can give you advice or help you find a family doctor, nurse practitioner or other service provider.



## In an emergency

If you or someone you know is experiencing a health or wellness emergency, please call 9-1-1 or go to your nearest hospital emergency department.