

June 12, 2020

Dear Friends,

The anxiety and uncertainty that the pandemic has brought has impacted everyone. Concerns about our own vulnerability and that of our families and friends, continue to weigh on us. Those that do not have personal connections and support in their 'bubbles' are especially at risk.

We also know that many people may be reluctant to ask for help. Feeling independent and responsible for ourselves is important to everyone; especially to seniors.

Getting help when it is needed from the right place may help us stay well and to continue living independently in the community. While it is often the lowest priority on our 'to do' lists, self-care is critically important to personal health and wellness.

The good news is that many wonderful resources are accessible from the privacy of our own homes. ESS wants to be sure everyone in the community knows about them.

Some are outlined under the [COVID-19 community support resource page](#) on our web site. For example:

- [A Friendly Voice](#) is a social phone line for seniors (1-855-892-9992).
- The [Seniors Safety Line](#) managed by Elder Abuse Ontario, is a phone line for suspected elder abuse situations, is available 24/7 and in many languages (1-866-299-1011).
- Toronto Seniors Helpline is available for support, to answer questions and obtain referrals (416-217-2077).
- [Chatting to Wellness](#) offers free online chatting sessions aimed at helping seniors deal with feelings of isolation.
- The Mental Health Helpline (1-866-531-2600).
- [Centre for Addiction and Mental Health \(CAMH\)](#).

- [Mental health, wellness and addictions support \(Ontario.ca\)](#) provides information on programs specifically tailored to individual mental health and addictions needs and help in accessing these by telephone and through online therapy for stress, anxiety and depression.

You may be aware of other excellent sources of support ESS could add to this list. Please contact [communications@esssupportservices.ca](mailto:communications@esssupportservices.ca) with suggestions of additional resources. The more information we can share the better.

I also think it is important to acknowledge the recent disturbing and violent and racist events in Minneapolis. Of course, other such hateful activities have occurred in Canada and in many other countries. Every time this kind of thing happens it hits people hard and reminds us how very vulnerable many people are.

However, the overwhelming outcry against this behaviour is reason for hope. People across the globe are standing up and saying - loud and clear - that this is simply not the kind of society we want. More importantly, they are declaring that everyone has a responsibility and a role to play in making it better.

I wish you all a happy, healthy and connected week. Please do not hesitate to reach out if we can support you or anyone you know that may need our help by phone at (416) 243-0127, through our web site at [www.esssupportservices.ca](http://www.esssupportservices.ca) or by e-mail at [agency@esssupportservices.ca](mailto:agency@esssupportservices.ca).

Regards,



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