

# TeleHealth

Speak with a registered nurse.  
They'll advise you on how to  
respond to any medical situation.

Confidential | TOLL FREE | 24 HRS

1-866-797-0000

# Legal Aid Ontario

Free legal advice.

Mon - Fri | 8am - 5pm

TOLL FREE 1-800-668-8258

⓪⓪ MisterChalmers@ProtonMail.com

bit.ly/financialaidhelp

Tells you what financial aid you  
qualify for.

bit.ly/foodandshelterapp

Tells you when & where to find  
free clothes, food, & shelter

Chalmers Cards is an attempt to ensure  
that every Torontonion who experiences  
unstable housing has a comprehensive  
knowledge of what resources are available  
to them.

Included is information regarding vital  
services, like health care, and simplified  
instructions for accessing complicated  
systems, like financial aid. Most of the  
included resources are 24/7 and can  
be accessed toll free from any payphone.

The cards are durable and inexpensive,  
and the information is paired down and  
simple.

The card on the left details some of the  
resources that would be included on a  
Chalmers card.