



Virtual Healthcare



At CMHA Toronto, we are committed to protecting the health, safety and well-being of our community and every staff member, student, volunteer, service user, and family member we work with. With the amount of information and attention on COVID-19, we understand you may be fearful to visit a doctor or walk-in clinic to address other health concerns. If you are experiencing health issues and need to see a medical professional, we have compiled a list of virtual healthcare services to help you get a better understanding of your symptoms from your home:

If you believe you are experiencing an emergency, please call 911 or proceed to your nearest emergency room.

For health advice:

- **TeleHealth Ontario**
CALL: 1-866-797-0000
Free, confidential service to receive health advice and information

For virtual healthcare services:

- [Get Maple](#)
Digital walk-in clinic free for Canadian residents
- [Cover Health](#)
Digital walk-in clinic free for Ontario residents

**Both services are OHIP covered. Non-OHIP cardholders can receive care at Cover Health at no charge if they are in Ontario.*