

FAMILY SUPPORT DURING COVID-19



FINANCES



- **Canadian Emergency Response Benefit (CERB):** If you stopped working due to COVID-19, apply to CERB for up to \$500/week for up to 16 weeks.
- **Canada Child Benefit (CCB) payment increase:** If you received CCB this year, you may get \$300 extra/child.
- **B.C. Emergency Benefit for Workers:** If you are eligible for CERB, you may apply to receive a \$1,000 payment if your ability to work has been impacted.

HOUSING



- DID YOU KNOW?** Most evictions are not allowed & rent increases are frozen.
- **BC Temporary Rent Supplementation:** Provides up to \$500/month towards rent for eligible renters. Apply here or call 1-877-757-2577.
 - **Mortgage Support:** Banks are offering mortgage payment relief through deferred payments. See banks' COVID-19 pages.
 - **Emergency Housing:** List of shelters in Lower Mainland. **Call 2-1-1** for help.

➔ **More FINANCE & HOUSING Resources**

FOOD



- DID YOU KNOW?** Many schools are still providing meal programs to students.
- **Food Banks BC:** Find a food bank near you, call 1-855-498-1798, or email them.
 - **Food Asset Maps:** Showing free food locations & other services near you!
- Want to learn more about **healthy eating during COVID-19?**
Check out HealthLink BC or call **8-1-1** to talk to a dietician (9am-5pm, M-F).

CHILDCARE & LEARNING



- **Temporary Emergency Childcare:** Are you an essential worker? Request childcare for kids up to age 5 years. For ages 5-12 years, contact their school.
- **Changes to Affordable Child Care Benefit:** If your income has changed, you may be able to get a higher benefit amount. Call 1-888-338-6622.
- **Everyday Anxiety Strategies for Educators (EASE):** Free learning programs for ages 5-12 years & parents to help manage worries in fun & easy ways.
- **WE schools @ home:** Free tools for at-home learning for grade levels K-12.

➔ **More SCHOOL & LEARNING incl. Anti-Racism Resources**

SAFETY



- **VictimLinkBC:** Immediate, free, confidential, 24/7 crisis support for victims of family or sexual violence. Call 1-800-563-0808 or email them.
- **ShelterSafe:** Shelters for women, youth and children experiencing abuse.
- **Transition Houses & Safe Homes List:** Transition & safe homes list in BC.
- **WAVAW Rape Crisis Centre:** For immediate crisis and long-term support services, call 1-877-392-7583

☎ **IF YOU ARE IN IMMEDIATE DANGER, CALL 9-1-1**

Created by the Family Resources Support Tool (FRST) team. Give us feedback at FamiliesFRST@gmail.com.

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MEDICAL CARE



For 24/7 health info
call 8-1-1.

Got medical needs? **Your doctor/nurse wants to see you!**

Call your family doc/nurse or nearest walk-in clinic to be seen virtually or in person.

- **BC Children's Hospital:** Learn about COVID-19 & Children and what to expect if you have an appointment at BC Children's Hospital.
- **BC's COVID-19 Self-Assessment Tool & Testing sites.**
- **BCCDC Caring for Children with COVID-19:** Learn more about what to do if you are concerned your child might have COVID-19.

MENTAL WELLNESS



- **Kids Help Phone:** Call 1-800-668-6868 or Text CONNECT to 686868 to chat with someone 24/7, no judgement, totally private. Or find Resources Near You!
 - **BC Crisis Line:** Are you in distress? Call 1-800-784-2433 or Chat Online. It's open 24/7, judgement-free, and here to talk.
 - **Kelty Mental Health:** virtual mental health resources, parent/youth peer support, & parenting tips during COVID-19. Call Kelty at 1-800-665-1822.
 - **BC Virtual Mental Health Support during COVID:** variety of virtual, low/no cost counselling & supports. Also find an inventory of BIPOC therapists in BC.
- More MENTAL WELLNESS Resources**

YOUTH HEALTH



- **Foundry:** Drop-in counselling by voice, video & chat for youth 12-24 years old or caregivers. Find personalized supports on Pathfinder or call 1-833-308-6379.
 - **Youthspace.ca:** Online crisis & emotional support every day 6pm-12am. Text youthspace to 778-783-0177 or online chat. Find more youth & coping resources.
 - **Black Youth Helpline:** Connect with educational, health, and community resources specific for black youth. Call their helpline at 1-833-294-8650.
- More YOUTH HEALTH Resources**

RESOURCES FOR INDIGENOUS PEOPLES



- **Kuu-us Crisis Line:** Call 1-800-588-8717 for 24/7 BC aboriginal support services.
- **Hope for Wellness Help Line:** Call 1-855-242-3310 or chat online for 24/7 immediate help & support for Indigenous peoples across Canada.
- **First Nations Health Authority (FNHA) COVID-19 Info Page:** Info, FAQs, resources & podcast by FNHA Chief Medical Officer.
- **First Nations Virtual Doctor of the Day:** If you don't have a doctor/nurse, call 1-855-344-3800 to book a virtual visit for primary and mental health care.

DIVERSITY



- **Children & Youth w Special Needs MCFD Response to COVID-19:** Call your CYSN Worker or your local MCFD office for Emergency Relief Funding & Respite. See changes to the At Home Program & medical supplies.
- **Autism Program:** Call 1-877-777-3530 or email for Funding Extensions. For community resources, call Autism Information Services 1 844 878-4700.
- **Parenting Support Services of BC:** Need to talk? Call BC Parenting Support Line 1-877-345-9777, M-F 10am-4pm or register for online parenting support circles.