

# SUPPORTS RESOURCES - COVID-19

Information	Notes	Website	Phone #
<b>MEDICAL ASSISTANCE</b>			
<b>Health Information</b>	Daily updates	<a href="http://www.Alberta.ca">www.Alberta.ca</a>	
<b>Health-care Information</b>	You can go to alberta.ca, call your doctor or use the Babylon by TELUS app on your smart phone to check symptoms, book appointments, see a doctor and get prescriptions and referrals for diagnostic imaging specialists.	<a href="http://www.Alberta.ca">www.Alberta.ca</a>	Babylon by Telus app
<b>COVID-19 Infection Concerns</b>	Do not go to ER or walk-in clinic - call healthlink or take the online self-assessment	<a href="http://www.Alberta.ca">www.Alberta.ca</a>	811
<b>Self-Isolation - How to</b>	If you are unwell (fever, cough) or travelled outside of Canada in the last 14 days.	<a href="http://www.Alberta.ca">www.Alberta.ca</a>	811
<b>FINANCIAL ASSISTANCE</b>			
<b>Alberta Emergency Isolation Support</b>	one-time emergency isolation payment of \$1146 for Albertans to bridge the gap until Federal benefits are available	<a href="https://www.alberta.ca/emergency-isolation-support.aspx">https://www.alberta.ca/emergency-isolation-support.aspx</a>	
<b>Federal Emergency Care Benefit</b>	Information available early to mid April - check online and search for Federal Emergency Care Benefit	<a href="http://www.Canada.ca">www.Canada.ca</a>	
<b>Utilities - payment holiday</b>	contact your utility provider		
<b>Student Loans - Alberta</b>	payments paused for 6 months, beginning March 30, 2020. Interest not accrued. No need to apply for the pause.		
<b>Loans - deferrals</b>	Banks have deferrals up to 6 months. Contact your financial institution		
<b>Mortgage - deferrals</b>	Banks have deferrals up to 6 months. Contact your financial institution		
<b>Employment Insurance</b>	Available mid April. Go to <a href="http://www.canada.ca">www.canada.ca</a> and click on Employment and Social Development	<a href="https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html">https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html</a>	
<b>Student Loans - Canada</b>	payments paused until September 30, 2020. Interest not accrued. No need to apply for the pause. Pending confirmation March 30, 2020	<a href="https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html">https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html</a>	
<b>MENTAL/EMOTIONAL SUPPORT</b>			
<b>Kids Help Phone</b>	Confidential counselling for youth	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	1-800-668-6868 Text: CONNECT to 686868
<b>Mental Health Helpline</b>	Toll-free 24/7 telephone service	<a href="http://www.albertahealthservices.ca">www.albertahealthservices.ca</a>	1-877-303-2642
<b>Mental Health - Access</b>	Non-urgent advice on navigating the addiction and mental health system.		403-943-1500
<b>Seniors Abuse Resource Line</b>	Confidential information and support, or to report a suspected case of elder abuse		403-705-3250
<b>Distress Centre</b>	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community)	<a href="http://www.distresscentre.com">www.distresscentre.com</a>	403-266-HELP (403-266-4357)
<b>TEXT4HOPE: TEXT Support - Alberta</b>	free service providing three months of daily Cognitive Behavioural Therapy - based text messages written by mental health therapists.		Text: COVID19HOPE to 393939
<b>OTHER</b>			
<b>Seniors Help</b>	Collaboration of Calgary-based agencies dedicated to enhancing quality of life and access to services and support for vulnerable older adults	<a href="http://www.thewayincalgary.ca">www.thewayincalgary.ca</a>	403-SENIORS (403-736-4677)
<b>City of Calgary</b>	Information on all City of Calgary services	<a href="http://www.calgary.ca">www.calgary.ca</a>	311
<b>Community Resources</b>	Information and referrals for community and social services	<a href="http://www.ab.211.ca">www.ab.211.ca</a>	211
<b>Foodbank</b>	There are new measures in place for frequency and size of hampers	<a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a>	403-253-2059