

BC COVID-19 RESOURCES

Health Resources Related to COVID-19 (BC)

BC COVID-19 Symptom Self-Assessment Tool

- <https://covid19.thrive.health/>

BC COVID-19 Info Line

- For non-medical information including social distancing & travel recommendation
- Call 1-888-268-4319 or text 604-630-0300
- 7:30am-8pm, 7 days a week

Public Health Canada Info Line

- 1-833-784-4397

Common Questions on COVID-19 answered by BC Centre for Disease Control

- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

Resources on COVID-19 in Different Languages:

- <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>
- Resources in English, Arabic, Chinese, Farsi, Spanish, Korean, Vietnamese, Punjabi, etc.
- Information in Arabic, Dari, Spanish, Tigrinya: <https://umbrellacoop.ca/covid-19-response/>

Self-Isolation Do's and Don'ts

- http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf

How To Self Monitor

- For people in self-isolation who have recently travelled abroad or had contact with people with COVID-19
- <http://www.bccdc.ca/Health-Info-Site/Documents/Self-monitoring.pdf>

How to talk to Kids about COVID-19

- <https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

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Mental Health Support & Resources

BC Mental Health Support Line

- Call 310-Mental Health (310-6789) - no area code needed
- 24hrs/day, 7 days a week

Kid's Help Phone Line

- Call 1-800-668-6868 or Text "CONNECT" to 686868
- Or go to <https://kidshelpphone.ca/>
- Professional counsellors 24hrs a day

1-800- SUICIDE

- If you are or know someone having thoughts of suicide
- Call 1-800-784-2433
- 24hrs/day in up to 140 languages

S.U.C.C.E.S.S Chinese Help Lines

- Cantonese 604-270-8233
- Mandarin 604-270-8222

FOUNDRY BC

- Mental health & wellness resources (info, online tools, etc) for young people ages 12-24
- <https://foundrybc.ca/>

Mental Health During COVID-19 Pandemic Webpage from CAMH

- Go to <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Resources on coping with stress & anxiety, dealing with quarantine or isolation, and online mental health assessment tools such as the Perceived Stress Scale (PSS).

Atira Women's Resource Society Call Line

- For women who need support & can refer to resources and assist in completing benefits forms
- Call 604-800-8881

The Free Mindfulness Project

- <http://www.freemindfulness.org/download>
- Guided mindfulness practice that can be downloaded for free

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Employment Insurance (EI), Emergency Benefits, and Financial Help

Shared Google Document here:

<https://docs.google.com/document/d/1iCSkqjHT6vTKxR6Kn5nKbxvVHjBS7vEIE7y2xnVmcao/edit?usp=sharing>

Community Resources

(grocery drop-offs, emergency food, etc.)

Emergency Relief Society Vancouver

- <https://www.ersv.ca/>
- Volunteer-run non-profit helping isolated people by bringing medication & food to you
- Free service (but you still need to cover cost of items)

Collingwood Neighborhood House's Better at Home Seniors Program

- For **seniors 55+ in the Renfrew-Collingwood area**
- Grocery deliveries, frozen meal deliveries, and friendly phone check-ins
- Call 604-436-0375