

Support Available During COVID-19 (Updated as of March 25, 2020)

You will find below resources related to health, financial support, food security, home care support as well and mental health supports.

Community Health

Government of Ontario	Most up to Date Provincial Information	https://www.ontario.ca/page/2019-novel-coronavirus
Ontario Public Health	How to Self-Monitor/ Self-Isolate	https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources
District of Muskoka	Service updates	https://www.muskoka.on.ca/en/Coronavirus.aspx
Ottawa Public Health	Social Distancing / Self Isolation	https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources
World Health Organization (WHO)	Update to date recommendations by the WHO.	www.who.int

Financial Support

Employment Insurance (EI)	Sickness 1-888-381-2725 (Covid-19 Claims)	https://www.canada.ca/en/services/benefits/ei/ei-sickness.html
Employment Insurance (EI)	1-800-206-7218 (Regular number) All other claims	https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html
Emergency Care Benefit	Don't qualify for EI, Can't work due to COVID-19 and don't have paid sick leave? Please see the websites for	https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html

	most up to date information regarding benefits available	
Hydro ONE Relief Fund	1-888-664-9376 Offering bill relief and payment flexibility. Call for more information.	https://www.hydroone.com/savingmoneyandenergy/financialassistanceforresidents/Pages/Relief-Fund.aspx
Student Loan Repayment	Can be deferred for up to 6 months, no interest accrued -contact OSAP	https://www.ontario.ca/page/pay-back-osap
Deferred Mortgage Payments	Contact your bank / mortgage company for details.	
Food		
Food in Simcoe County	Please call/check centre or organization as some have been affected by COVID.	https://foodinsimcoe.cioc.ca/
Local Supermarkets	Contact your local grocery store to inquire about online ordering, pick-up or home delivery. Some stores are offering specific shopping hours for the elderly and immunocompromised.	
Meals on Wheels	SERVICES HAVE BEEN SUSPENDED as of March 19 –check website for updates and / or call)	http://www.muskokaseniors.org/meals-on-wheels
Table Soup Kitchen Food Bank	Call or visit their website for current and up to date information	https://thetablefoundation.ca/
Salvation Army Food Bank	Barrie - 705-789-3398 ext. 102 Orillia - 705 326-3284	https://salvationarmy.ca/locator/
Barrie Food Bank	Food Resources available for pick up - A morning drop in program held Monday to Friday from 8:30 to 11:30am (bread/bakery items)	https://www.barriefoodbank.org/

	Monday, Wednesday and Friday from 1:00 to 3:30pm (full grocery)	
Home Care Support		
Closing the GAP	Phone 705-788-9355 or 1-888-660-3959 (Toll Free)	https://www.closingthegap.ca/locations/muskoka-huntsville/
Care Partners	Personal support workers, rehabilitation services and nursing care	https://www.carepartners.ca/
Happy At Home	Support Services (705)326-9355	http://www.happyathome.ca
Saint Elizabeth	(705) 737-5055	http://www.sehc.com
Bayshore Health Care	(705) 986-0127	http://www.bayshore.ca
Support for Seniors		
District of Muskoka	Seniors Program and Services	https://www.muskoka.on.ca/en/community-and-social-services/Seniors-Programs-and-Services.aspx
Mental Health Support		
Canadian Mental Health Association	Offering essential services and crisis support Phone 705-645-2262 Crisis Line: 1 888 893 8333	https://mps.cmha.ca/
Big White Wall (Ministry of Health/Ontario Telemedicine Network)	Free peer-to-peer clinician supported mental health community accessible online 24/7.	https://www.bigwhitewall.com/?lang=en-ca&from=ca/
Center for Addiction and Mental Health	COVID-19 and Mental Health Coping	http://www.camh.ca/en/health-info/mental-health-and-covid-19
World Health Organization	Mental Health and Corona Virus Considerations	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

Athena's Sexual Assault Counselling	North Simcoe Crisis Line: 1 800-461-1750	https://www.huroniatransitionhomes.ca/contact.php
Gilbert Centre Harm Reduction Team- LGBTQ and HIV support	Harm reduction supplies distributed through street outreach. 705-816-3493	https://www.gilbertcentre.ca/
New Path Youth and Family Resources	COVID-19 resources and telephone counselling: 705-725-7656	https://newpath.ca/mental-health-resources-covid-19/
Kids Help Phone	Phone, text, or online chat support. 1-800-668-6868	https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/
Indigenous Hope for Wellness Helpline Telephone or Online Chat	24/7 mental health counselling and crisis intervention for Indigenous peoples in Canada. 1-855-242-3310	https://www.hopeforwellness.ca/
Enahtig Healing Lodge Outreach	Offering services via telephone, for those seeking services contact: Intakecoordinator@enahtig.ca 705-330-4059	http://www.enahtig.ca/
Children's Mental Health Ontario	Resource for talking with your anxious child about COVID-19	https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-COVID-19
Child Mind Institute	Resources for supporting families during COVID-19	https://childmind.org/coping-during-covid-19-resources-for-parents/
Dnaagdawenmag Binnoojiiyag Child & Family Services	Child Protection Services- Supporting Indigenous child and family well being 1-844-523-2237	https://www.binnoojiiyag.ca/