

Up-to-date information as of April 3rd, 2020***

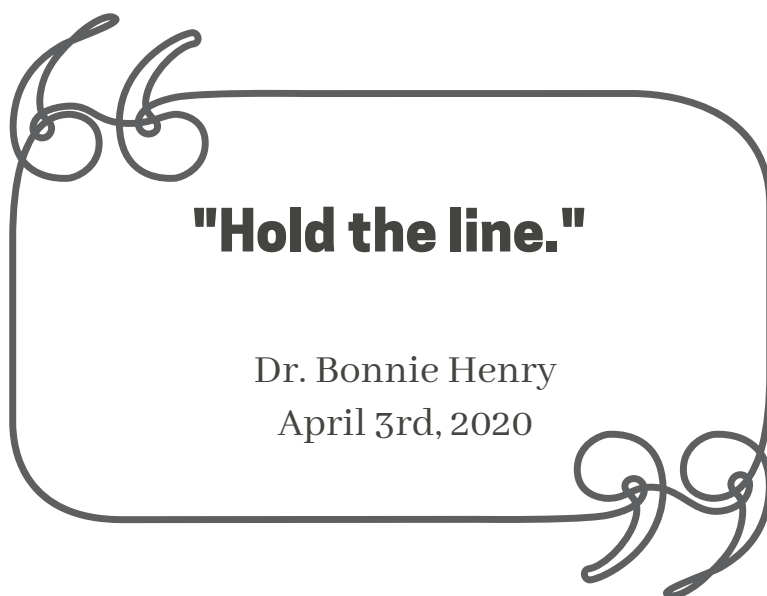
COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 03



Issue 3: Highlights

Applying for the Canada Emergency Response Benefit (CERB). Provincial Emergency Fund for Post-Secondary Students. Indigenous Emergency Assistance Fund for Post-Secondary Students. BC COVID-19 Mental Health Support. Hand sanitizer distribution, and more.



If you know of someone in need, or are isolated yourself and need assistance, email covid19@mnbc.ca - MNBC's Health Team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available.

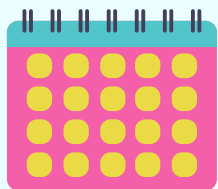
Follow our COVID-19 page at www.mnbc.ca

Please also see previous issues of our COVID-19 newsletter for more information.

APPLICATION PROCESS: CANADA EMERGENCY RESPONSE BENEFIT



The Canada Emergency Response Benefit is a new benefit to support Canadians who have lost income because of COVID-19. If you are not eligible for Employment Insurance (EI), find out how you can get ready to apply for the CERB through the [Canada Revenue Agency](#) below.



Applications for the CERB will open on April 6th. Prior to April 6, individuals who are without work and are eligible for EI can continue to apply for [Employment Insurance](#).

Whether you apply online or by phone, the CRA wants to provide the best service possible to everyone. To help manage this, the CRA has set up specific days for you to apply (please see next page).



The CERB will be available to workers:

- Residing in Canada, who are at least 15 years old
- Who have stopped working because of COVID-19 or are eligible for Employment Insurance regular or sickness benefits:
- Who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- Who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period. For subsequent benefit periods, they expect to have no employment income.



The CERB is only available to individuals who stopped work as a result of reasons related to COVID-19. If you are looking for a job but haven't stopped working because of COVID-19, you are not eligible for the Benefit.

APPLICATION DAYS: CANADA EMERGENCY RESPONSE BENEFIT

If you were born in the month of:	Apply for CERB on:	Your best day to apply:
January, February, March	Mondays	April 6th
April, May, June	Tuesdays	April 7th
July, August, September	Wednesdays	April 8th
October, November, December	Thursdays	April 9th
Any month	Fridays, Saturdays, Sundays	-



For more information, visit:

https://www.canada.ca/en/services/benefits/ei/cerb-application.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus-cerb

APPLICATION PROCESS: CANADA EMERGENCY RESPONSE BENEFIT

2 things to do **BEFORE** you apply for the Canada Emergency Response Benefit:

①

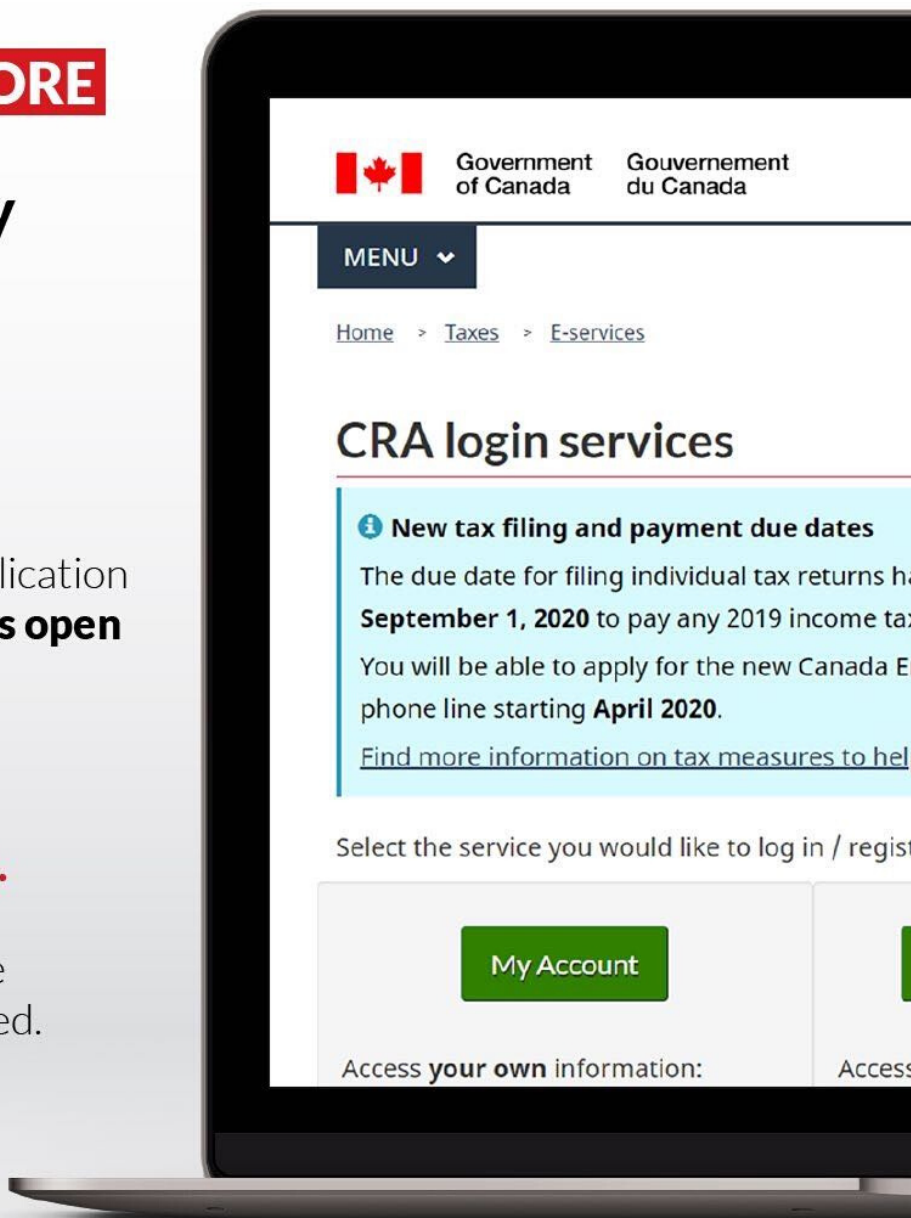
Sign up for My Account through the CRA.

This will speed up your application process **when applications open the week of April 6.**

②

Sign up for direct deposit.

This will help get money in to your account faster once your application is processed.



Issue #2 of MNBC's COVID-19 newsletter included step-by-step instructions on how to set up an account with the CRA. Please see Issue #2 for guidelines on how to get your account set up.

INCREASING THE CANADA CHILD BENEFIT

The federal government is providing an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20.

This will mean approximately \$550 more for the average family.

This benefit will be delivered as part of the scheduled CCB payment in May.

Those who already receive the Canada Child Benefit do not need to re-apply.

For more information on this increase and other supports, please visit:
https://www.canada.ca/en/departement-finance/economic-response-plan/covid19-individuals.html#increasing_canada_child_benefit



PROVINCIAL EMERGENCY FUND FOR POST-SECONDARY STUDENTS



The BC Minister of Advanced Education has announced \$3.5-million in funding for student emergency financial assistance. This funding will support existing student emergency assistance already in place at 25 post-secondary institutions in BC.



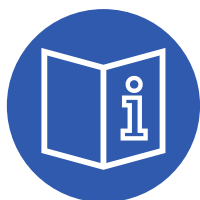
Domestic post-secondary students who are facing uncertainty because of COVID-19 will be able to access this one-time emergency funding. Funding will be distributed to students by individual schools and will be based on need.



To apply for this funding, post-secondary students must contact the financial aid office at their school. The financial aid office will support students in the application process



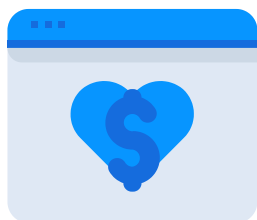
This non-repayable emergency assistance can be used to help with a broad range of costs, including living expenses, food, travel, portable computers and other supports for students who are not already able to study remotely.



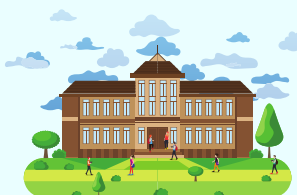
Information on this emergency fund, including a list of financial aid offices, can be found here:

<https://news.gov.bc.ca/releases/2020AEST0018-000615>

INDIGENOUS EMERGENCY ASSISTANCE FUND FOR STUDENTS



The provincial government is providing an additional \$1.5 million to supplement the Indigenous Emergency Assistance Fund. This fund assists Indigenous students who are experiencing an unexpected financial emergency that may affect their ability to finish their studies



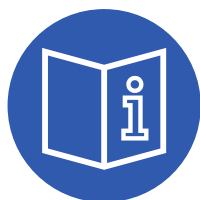
This support is available through all 25 public post-secondary institutions in B.C., as well as Native Education College (NEC).



Students who access the emergency funding do not have to repay it. Indigenous students can contact the Indigenous Student Service Centre on campus, which will help with the application process to receive the financial assistance.



In addition to emergency living expenses like groceries, cell phone bills and childcare, the fund supports Indigenous learners through other unanticipated expenses like medical, dental and optical costs, and travel costs for family crisis or community obligations



Information on this emergency fund, including a list of financial aid offices, can be found here:

<https://news.gov.bc.ca/releases/2020AEST0022-000623>

COVID-19 SUPPORT FOR INCOME & DISABILITY ASSISTANCE

Due to COVID-19, new emergency measures are in place to ensure that people on income or disability assistance and low-income seniors, do not encounter additional barriers.

If you are not receiving federal Employment Insurance (EI) or the Canada Emergency Response Benefit (CERB) and are on: *Income Assistance, Disability Assistance, Comforts Allowance, or the BC Senior's Supplement*, you will automatically receive a \$300 supplement on your cheques issued in April, May, and June. No action is required on your part.

If you are receiving federal EI or the CERB and receiving : *Income Assistance or Disability Assistance*, you will not be eligible for the \$300 supplement. CERB and EI are temporarily exempt, meaning they will have no effect on your regular Income Assistance or Disability Assistance.

For more information, visit <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/covid>



BC TEMPORARY RENTAL SUPPLEMENT PROGRAM: FAQs



BC Temporary Rental Supplement (BC-TRS) Program Simplified FAQs

1. What is the BC-Temporary Rental Supplement (BC-TRS) Program?

To support people and prevent the spread of COVID-19, the Province is introducing a new temporary rental supplement, halting evictions for non-payment of rent, and freezing rent increases. The new BC Temporary Rental Supplement, or BC-TRS, will be administered by BC Housing.

This new program will provide a temporary rental supplement to assist eligible low- and moderate-income renters who are struggling to pay their rent as a result of income loss or income reduction due to COVID-19. Eligible tenants will have the benefit paid directly to their landlord, benefitting both the landlord and the tenant. At this time, this is a three-month program.

2. Who is eligible?

To be eligible, tenants must have experienced an income loss or reduction as a result of the current COVID-19 pandemic. Benefiting people with low to moderate incomes, this supplement will be available to renters who are facing financial hardship as a result of the COVID-19 crisis, but do not qualify for existing rental assistance programs. Full eligibility criteria will be available on BC Housing's website soon.

3. Do I need to pay my rent for April?

Yes, you should pay your rent for April. The rental supplement program will be accepting applications in mid-April.

4. I live in subsidized housing. Can I apply?

No. Tenants whose rent is subsidized by any level of government are not eligible. If your rent contribution is based on your income and you have lost income as a result of COVID-19 (rent-geared-to-income), speak to your housing provider to see if you are eligible for an adjustment to your rent contribution. Information bulletin: [Covid-19 Bulletin for Housing Providers - Eviction and Rent Adjustment Notification](#)

5. I am receiving Income Assistance or Disability Assistance. Can I apply?

No. Your Income Assistance or Disability Assistance includes a shelter allowance and has not changed as a result of COVID-19.

6. Who will receive the rental supplement payments?

The rental supplement will be paid directly to landlords of eligible tenants.

BC TEMPORARY RENTAL SUPPLEMENT PROGRAM: FAQs

7. Will the rental supplement cover my entire rent?

No. The BC-TRS will provide supplements of up to \$500, depending on various factors including the size of your household. It is not intended to cover the entire amount of rent due, and tenants are still responsible to pay the difference between the benefit amount and their full rent. We encourage landlords and tenants to work together regarding reasonable options, including repayment plans if the tenant is unable to cover the full balance of rent.

8. When can I find out more?

Full details on eligibility for the program and information about the application process will be up on BC Housing's website soon.

9. When can I apply?

Applications will open in mid-April. Tenants and landlords will each need to submit an application.

For more information, visit: <https://www.bchousing.org/COVID-19>



BC COVID-19 MENTAL HEALTH SUPPORT

A poster for the BC COVID-19 Mental Health Network. It features a blue background with a white brain icon in a circle at the top left. On the left, there is a white speech bubble and a line drawing of a person sitting on the floor, hunched over with their head buried in their arms. The text is in white and yellow. At the bottom right, it says 'You don't have to be alone. Talk to us.'

BC COVID-19 MENTAL HEALTH NETWORK

We are an emerging network of BC-based mental health professionals volunteering to support our community. We are offering free, short term, one-on-one counselling to those struggling with Covid related impacts to feel more connected, grounded and supported.

To inquire about an appointment, please email: bccovidtherapists@gmail.com with your name, best contact info, and general availability.

A counsellor will get back to you as soon as possible to book your free online/telephone session.

You don't have to be alone. Talk to us.

Free, short-term one-on-one counselling is available online or by phone.

The network is comprised of volunteers and the criteria to be on our list is to have a postgraduate degree/certification, a professional affiliation and are insured.

Counsellors respond to requests based on availability and possible fit. Clients are free to work with the counsellor that made initial contact or email again if it wasn't a good fit.

MANAGING MENTAL HEALTH DURING COVID-19 (FROM THE MINISTRY OF MENTAL HEALTH AND ADDICTIONS)



Social distancing is important and will help control the spread of the virus. At the same time, it can also create even greater feelings of isolation, loneliness, and sometimes depression. Use this time to connect in other ways...call those who are alone, connect with friends online, and offer support to those who really need it. Offer a virtual hug over FaceTime or Skype.



Maintaining a sense of calm, especially when talking to children, will go a long way toward easing their fears and uncertainty. Provide age-appropriate, factual information and give them the opportunity ask questions and share how they are feeling.



Build self-care into your day, even (and especially) as activities change and routines are disrupted. All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others.



You know your body and its signs of stress. If you are having trouble managing your mental health, contact your healthcare provider and encourage those you love to do the same.



Call 1-888-COVID-19 or text 604-630-0300 for details, advice, and further information on the virus in British Columbia.

MANAGING MENTAL HEALTH DURING COVID-19 (FROM THE MINISTRY OF MENTAL HEALTH AND ADDICTIONS)

If you need help, there are many resources available:

HealthLink BC: Provides 24/7, confidential health information and advice. Call 8-1-1 or visit: www.healthlinkbc.ca.

Crisis Intervention and Suicide Prevention Centre: Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call 604 872-3311 (Greater Vancouver), or toll-free 1 800 SUICIDE (784-2433), or visit: www.crisiscentre.bc.ca.

The KUU-US Crisis Response Service: Provides 24/7 culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit: www.kuu-uscrisisline.ca.

Mental Health Digital Hub: A provincial website that provides information, services and education and awareness about mental health and substance use for adults, youth and children. www.gov.bc.ca/mentalhealth

Bounce Back: A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Call toll-free: 1 866 639-0522 or visit: www.bouncebackbc.ca.

MindHealthBC: Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you're struggling with depression, anxiety, or other mental health or substance use challenges, please visit the website for information and recommendations for further support in Vancouver, Richmond and other coastal communities. www.mindhealthbc.ca

Heretohelp: Provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking. www.heretohelp.bc.ca

**Whenever you
need to talk,
we're open.**

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

Kids Help Phone 



Ministry of
Mental Health
and Addictions

CULTIVATING MENTAL WELLNESS DURING COVID-19



1-833-MÉTISBC
(1-833-638-4722)

SERVICE AREAS:

Crisis line workers assist with problem solving, establishing support services, developing safety plans, conducting suicide risk assessments, offering referrals and safety monitoring for at-risk individuals. These services are available 24 hours a day, 7 days a week, for Métis people throughout the province of British Columbia.



WHY CALL?

- Mental Wellness
- Abuse
- Relationships
- Bullying
- Addictions
- Suicide & Ideation
- Depression
- Grief & Loss
- Self-harm
- Peer pressure
- Anxiety
- Financial issues
- Culture
- and many more

MÉTIS CRISIS LINE

24 HOUR PHONE SUPPORT:

In collaboration with KUU-US Crisis Services, the Métis Crisis Line handles calls from individuals concerned about themselves, or from family or agencies concerned about others. Once the crisis issue has been identified, the level of severity for call handling is determined, with the goal of providing a non-judgemental approach to listening and problem solving. A support system is put into place where the caller is brought back to a pre-crisis state. Debriefing is also provided to any frontline worker who works in the field. The staff maintain an in-depth referral database.

RISK ASSESSMENT:

For situations that pose a risk to the caller or others, the Métis Crisis Line is able to respond by way of mediating, de-escalating or intervening. As an accredited agency of the American Association of Suicidology, workers conduct suicide risk assessments and act accordingly. The Métis Crisis Line staff take suicide ideation, attempts in progress and 3rd party reporting seriously. When a person at risk is identified, Métis Crisis Line staff will reach out by phone to the individual. This contact will also include providing phone support and establishing coping mechanisms.

SAFETY MONITORING:

In order to assist individuals that: (1) are unable to access referrals due to geographic location, (2) are on a wait list, (3) have been intervened upon and released from hospital, and/or (4) lack support systems, the Métis Crisis Line staff create a safety plan. This includes establishing a "gatekeeper approach" which involves monitoring "at risk" individuals. Daily phone contact with the individual continues until there is a confirmed link to a referral agency and/or the individual is deemed no longer "at risk". Service providers frequently call upon the Crisis Line staff to initiate this model for individuals they are concerned about.



MÉTIS NATION
BRITISH COLUMBIA

in collaboration with
KUU-US Crisis Services



SAFETY AT HOME

Concerned about your safety or your loved ones' safety at home?

Violence at home and against family members may increase during the COVID-19 pandemic isolation period. Remember, there is never any reason or excuse for abuse.

Checking on each other is vital! Let this pandemic be a reminder for us to take care of each other.

Métis people in BC who may require emotional support can contact the 24-Hour Métis Crisis Line, toll free number 1-833-Metis BC (1-833-638-4722). You can also call this number about someone you're concerned about and make a referral for follow up.

VictimLink BC: Phone 1-800-563-0808

VictimLinkBC: To call collect, call the Telus Relay Service at 711. Text 604-836-6381. Email VictimLinkBC@bc211.ca. TTY 604-875-0885.

Battered Women's Support Service: Text 604-652-1867. Email intake@bwss.org. Phone 604-687-1867 / Toll-Free 1-855-687-1868. Hours are Mon – Fri: 10:00 a.m. – 5:00 p.m. & Wed, 10:00 a.m. – 8:00 p.m.

Rape crisis line (24 hours): Phone 604-872-8212.

Women against Violence against Women: Phone 604-255-6344 / Toll-Free 1-877-392-7583.

Women's Crisis Lines: Phone 604-687-1867 / Toll-Free 1-855-687-1868. Hours are Mon – Fri: 10:00 a.m. – 5:00 p.m. and Wed 10:00 a.m. – 8:00 p.m.

For more information visit: <https://www.mnbc.ca/news-events/posts/coronavirus-covid19-metis-nation-bc-response>

IMAGINATION LIBRARY



We know that many families are currently looking for activities to do at home together. We believe that having free age appropriate books for your children is now more important than ever.



For more than twelve years, Métis Nation British Columbia has been sending free books to Métis children! The Imagination Library is a literacy program that focuses on Métis children 5 years of age and younger. Each child receives their own age appropriate book each month.



If you would like to register your children to receive books from the Imagination Library please complete the application form and email it to imaginationlibrary@mnbc.ca.

The application form can be found here:

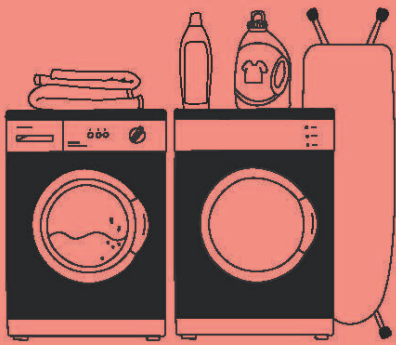
https://www.mnbc.ca/app/webroot/uploads/Education/Imagination_Library_Registration_Form_07-18.pdf



In hopes to provide comfort to families during this challenging time, the Imagination Library has also announced **Goodnight with Dolly**, a 10-week series of read aloud videos starting April 2nd at 7PM. Dolly Parton will read one Imagination Library bedtime story each week!

se the link below to join the Goodnight with Dolly event each week:
https://www.facebook.com/events/2518816801707089/?event_time_id=2518816808373755

For all inquires, please email: imaginationlibrary@mnbc.ca



Tips for residents of apartments and other multi-unit buildings

IF YOU ARE SELF ISOLATING AFTER RETURNING FROM TRAVEL OR A POSSIBLE EXPOSURE:

- Stay inside in your own unit as much as possible
- Wash your hands before and after leaving your unit
- Limit your time in common spaces
- Use common amenities like laundry only when other neighbours are not present in the room
- Clean surfaces in common areas using regular household cleaners
- For more information about self isolation, visit BC Centre for Disease Control's website at: bccdc.ca/covid19

IF YOU ARE SELF ISOLATING BECAUSE YOU DO HAVE SYMPTOMS OR HAVE TESTED POSITIVE:

- Stay in your unit and do not access common spaces
- Ask for support from friends, family and neighbours to deliver needed items
- For more information on how to isolate at home when you have COVID-19: bccdc.ca/covid19

IF YOU ARE SELF ISOLATING AS A PREVENTATIVE MEASURE BUT HAVE NOT TRAVELED OR SUSPECT EXPOSURE:

- Wash your hands frequently
- Limit time in common areas
- Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other

IF YOU ARE HEALTHY AND HAVE NO UNDERLYING HEALTH CONDITIONS:

- Check in with neighbours over the phone or knock and speak through the door to see if you can help deliver food, medication or assist in other ways, connect with local organizations to volunteer (keeping a safe distance from neighbours and others)
- Help keep common areas and frequently used spaces clean if you can (eg. elevator buttons, stairway rails, door handles)

EVERYONE HAS A PART TO PLAY IN KEEPING OUR COMMUNITIES SAFE AND HEALTHY:

- Wash your hands with warm water and soap frequently
- Don't touch your face with unwashed hands
- Keep about 2 meters of distance between yourself and others
- If you feel sick, cough or sneeze into your elbow sleeve, dispose tissues properly
- Stay home if you feel sick
- Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other



HAND SANITIZER DISTRIBUTION

Distilleries all across BC have been rising to the challenge presented by the COVID-19 pandemic. Many distilleries are working hard to meet this new demand and are producing and canning hand sanitizer.

MNBC's Health team has been able to secure hand sanitizer from Parallel 49 (pictured below) for our Metis Chartered Communities

Metis Chartered Community Presidents, please send your mailing address and contact name and phone number so we can arrange the delivery of product to your Community for distribution.

Please email your mailing address, contact name and phone number for your Chartered Community to Marcella (health admin) at health@mnbc.ca



TALKING TO YOUR KIDS ABOUT CORONAVIRUS

Don't be afraid to talk about the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Be developmentally appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Let them talk about their worries.

Be open and invite them to discuss what they may have heard and how they feel.

Focus on what they can do to keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Stick to Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Manage your own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.

Sources:
www.who.int



FOR ESSENTIAL WORKERS

PROTOCOL WHEN GETTING HOME



Take shoes off before entering home



Spray alcohol top and bottom of shoes



Also do to clothes, cell phone, glasses, keys, work utencils, computers ect.



Throw away any receipt or papers



Go to where you can take your clothes off and put them in the washer



Dont touch or sit in any chairs or beds



Go the bathroom to take a shower, brush your teeth, etc



Now you can hug your family

NAVIGATING COVID-19 SAFELY

Disease Prevention



Avoid touching your eyes, nose and mouth.

SOURCE: WORLD HEALTH ORGANIZATION

Disease Prevention

SOURCE: WORLD HEALTH ORGANIZATION



If you have fever, cough and difficulty breathing, seek medical care early

Disease Prevention

2m or 6 feet



Maintain physical distancing

SOURCE: WORLD HEALTH ORGANIZATION

Disease Prevention



Wash your hands often with soap and water for at least 20 seconds

SOURCE: WORLD HEALTH ORGANIZATION

WE THANK YOU

To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.

