

OT Tidbits: Some Useful Resources from our Occupational Therapy Team



COVID-19 helpful resources

- Facebook: caremongering-YYC: YYC Community Response to COVID-19
 - Facebook public support group
 - Social media platform for Calgarians to share resources in response to Covid-19 as well as to organize local community to give vulnerable members access to food and other household necessities
- Facebook: YYC Covid-19 volunteers
 - Facebook public support group
 - Social media platform for Calgarians helping out fellow Calgarians during COVID 19 pandemic
 - One can post to offer or request help
- Alberta Emergency finance assistance: 1-877-644-9992
 - <https://www.alberta.ca/emergency-financial-assistance.aspx> for more details on what is covered
- Downtown Outreach Addictions Partnership (DOAP) Team: 403-998-7388
 - <http://alphahousecalgary.com/how-we-help/outreach/>
 - Mobile diversion response to street level intoxication
 - Facilitates individual's access and entry to the local service systems of shelters, health care, addiction treatment, and supportive housing
- Distress Centre: 24 hour 403-266-4357 or Hearing impaired 403-543-1967 or online chat 3-10pm or Email: help@distresscentre.com
 - <https://www.distresscentre.com/about-us/>
 - Provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress

- Free service and is offered in over 200 languages
- 24 hour crisis line, email, daily chat and daily text
- Provide professional counselling for clients with issues that cannot be resolved over the phone
- Eastside Family Centre: 403-299-9699 or text 587-315-5000 or live chat
 - <https://www.woodshomes.ca/programs/community-resource-team/>
 - 24/7 crisis phone support for children and families
 - Ongoing phone support for adults with mental health or developmental delays; suicide risk assessments; crisis stabilization program
- Enmax Relief Program: 403-310-2010
 - <https://www.enmax.com/news-events/news/reliable-service-customer-information>
 - Offering customers affected by COVID-19 access to increased payment flexibility including installment plans, extending payment dates and/or suspension of collection-related activities on their ENMAX and City of Calgary municipal services.
 - Suspended any disconnection of electricity service for non-payment until further notice.
- Family Violence Helpline: 403-234-SAFE (7233)
 - <https://www.calgarywomensshelter.com/index.php/covid-19/covid-resources-and-services>
 - serve individuals and families impacted by family violence and abuse
 - more services and programs available in the link provided above (programs include: Emergency shelter, community services counselling, Men's counselling service, court program, short-term crisis support for youth)
- Food Bank—Hamper Request Line: 403-253-2055 (drive through pick up at 5000-11 street S.E.)
 - <https://www.calgaryfoodbank.com/needfood/>
- EI Claims: 1-833-381-2725
- Health concerns: 8-1-1
- Kerby Centre—Grocery Delivery Program: 403-234-6571 (seniors only)
- Meals on Wheels: 403-243-2834

- Services and Programs: 2-1-1 (reduced staff)
- Safe Communities Opportunity and Resource Centre (SORCe): 403-617-4183 or 403-608-5559 (leave a message)
 - multi-agency collaborative
 - connects people experiencing homelessness, or those at imminent risk of homelessness, to programs and services that can help to address the barriers to stable housing