

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

Community Health

Government of Ontario	Most up to Date Provincial Information	Click HERE
Ontario Public Health	How to Self-Monitor/ Self-Isolate	Click HERE
District of Muskoka	Service updates	Click HERE
Ottawa Public Health	Social Distancing / Self Isolation	Click HERE

Financial Support

Employment Insurance (EI)	Sickness 1-888-381-2725 (Covid-19 Claims)	Click HERE
	1-800-206-7218 (Regular number) All other claims	Click HERE
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 most up to date information regarding benefits available	Click HERE
Hydro ONE Relief Fund	1-888-664-9376 Offering bill relief and payment flexibility. Call for more information.	Click HERE
Student Loan Repayment	Can be deferred for up to 6 months, no interest accrued - contact OSAP	Click HERE
Deferred Mortgage Payments	Contact your bank / mortgage company for details.	

Food

Local Supermarkets	Contact your local grocery store to inquire about online ordering, pick-up or home delivery Some store 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)	Click HERE
Table Soup Kitchen Food Bank	Call or visit their website for current and up to date information	Click HERE
Salvation Army Food Bank	Call 705-789-3398 ext. 102	

Home Care Support

Closing the GAP	Phone 705-788-9355 or 1-888-660-3959 (Toll Free)	Click HERE
Care Partners	Personal support workers, rehabilitation services and nursing care.	Click HERE

Support for Seniors

District of Muskoka	Seniors Program and Services	Click HERE
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Mental Health Support

North Muskoka NPLC (for Registered Patients)	Social Work / Mental Health Therapist – Appointments by phone or video conferencing during regular clinic hours: 8:30am-4:30pm Monday to Friday 705-224-6752	
Canadian Mental Health Association	Offering essential services and crisis support Phone 705-645-2262 Crisis Line: 1 888 893 8333	Click HERE
Big White Wall (Ministry of Health/Ontario Telemedicine Network)	Free peer-to-peer clinician supported mental health community accessible online 24/7.	Click HERE
Center for Addiction and Mental Health	COVID-19 and Mental Health Coping	Click HERE
World Health Organization	Mental Health and Corona Virus Considerations	Click HERE