



## Branch Out Support Resources

The effects of the COVID-19 pandemic are impacting us all differently. We want to ensure that you can access the support you need to care for yourself and your family during this time.

If you are in need of assistance you can reach out to...

- **The Olive Branch** at [BRANCHOUT@TOB.CA](mailto:BRANCHOUT@TOB.CA)
- our Community Partner, **Restore Canada** at 1-877-828-9842
- **East York Region North Durham Ontario Health Team** and access their COVID-19 support services. Go to <https://eyrndoht.covidresponse.ca/> for more information.

### Caring for your Physical Well-being

- Stay physically active
- Get some sunshine
- Get a proper amount of sleep
- Prepare healthy meals
- Drink lots of water
- Practice relaxation and mindfulness
- Create and stick to a schedule for work, leisure, chores, meals, physical activity and sleep

### Caring for your Emotional and Mental Health

- Practice thankfulness in the midst of discouragement
- Do things that you love to do (i.e. hobbies you would not normally have the time for)
- Connect with people who are optimistic and energy givers
- If you are looking for supportive counselling because you are experiencing higher levels of stress and anxiety due to COVID-19 call the **Canadian Mental Health Association** between 8:30 AM and 4:30 PM.  
Call the general line: 1-866-345-0183. If this line is busy call 905-841-3977.
- If you are experiencing a mental health crisis contact **310-COPE**  
Call 1-855-310-COPE (2673) or TTY (1-866-323-7785).  
Text support available at 1-855-310-2673  
Live Chat offers crisis worker services online.

*\*Both text and Live Chat services are available every day from 7:00 a.m. to midnight.*

### Caring for your Social Well-being

- Think of ways to stay connected to other people – by video conference, phone, or text.
- Talk to others and share how you are feeling
- Ask for help when you're feeling overwhelmed
- Consider helping someone else - even when you are experiencing a need

### Caring for your Spiritual Well-being

- Join us for our Sunday services @ 10:00 AM on YouTube and Facebook
- Download The Bible App for daily scripture reading and devotional plans
- Need prayer? E-mail [PRAYER@TOB.CA](mailto:PRAYER@TOB.CA)

## Caring for your Financial Needs

- Avoid credit card usage and conserve cash. To conserve cash consider the following:
  - 1) Tax Refunds  
If you expect a tax refund, submit as soon as possible. When you file taxes there is an automatic GST credit and Child Tax Benefit top-up that you could receive, if eligible.  
Do not rush to pay income taxes. Deadline has been extended to September 1, 2020.
  - 2) You do not have to pay student loans at this time. Call your institution to let them know you will not be paying. There is currently a 6-month deferral in place where no payments need to be made and no interest will be charged.
  - 3) Defer any capital spending and eliminate discretionary spending
- Spend wisely on food and cook at home. Access the Markham Food Bank if necessary.
- Bank Supports – Contact your institution to discuss if payments can be deferred
- Utility Supports – Contact your utility provider to discuss if payments can be deferred
- Apply for Employment Insurance (EI) if you have been laid off and qualify for EI (go to <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html> to find out more)
- Apply for the Canada Emergency Response Benefit if your:  
Employer has closed or laid you off, but you don't qualify for EI  
You are sick and in quarantine but don't qualify for EI  
You are self-employed but had to close your business  
You are not sick but are at home caring for someone who is sick or caring for your children who are out of school  
(go to <https://www.canada.ca/en/services/benefits/ei/ceerb-application.html> to find out more)
- Apply for Ontario Works (OW) if eligible (go to <https://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/> to find out more)
- Apply for Ontario Disability Plan (ODSP) if eligible (go to <https://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/> to find out more)
- For more detailed information about federal support programs go to <https://www.paulmanlymp.ca/covid19-support>