



NEWFOUNDLAND AND LABRADOR COVID-19 RESOURCES

Newfoundland and Labrador Government Updates: <https://www.gov.nl.ca/covid-19/>

Information for Individuals and Families

Department of Children, Seniors and Social Development

The Department of Children, Seniors and Social Development has implemented a new toll-free telephone number during the COVID-19 public health emergency to ensure individuals and community groups can best connect with the department as needed. Effective today, the new main contact number for the department is **1-833-552-2368**.

Child Care for Essential Workers

The Provincial Government is permitting the limited operation of regulated child care services for children aged one to 13. This will help support and enable essential workers in providing critical services if there are no other options available to them. An [Essential Worker Child Care Service Application Process](#) has been launched for essential workers in need of child care. Essential workers are encouraged to fill out the form as soon as possible.

Education

Educational resources for at-home, online learning: <https://learningathome.nlesd.ca/>

Food Security

United Way is offering COVID-19 Atlantic Compassion Grants to address the most pressing needs in the Atlantic region. The program is coordinated through United Way Halifax and each regional United Way office across the region has an application process. Applications are due by **April 3, 2020**. <https://gmsenbunitedway.ca/atlantic-compassion-fund/> (please see the United Way website for your area).

Breakfast Club of Canada COVID-19 Special Grant Application:
<https://www.breakfastclubcanada.org/covid-special-grant-application/>

MCP Cards

The Department of Health and Community Services is extending the validity period of Medical Care Plan (MCP) cards to June 30, 2020. This will cover all individuals whose MCP eligibility otherwise expired as of March 1, 2020 onward, excluding those who have permanently moved out of Newfoundland and Labrador. **St. John's office: 1-866-449-4459** or **Grand Falls-Windsor office: 1-800-563-1557**. People can email questions to mcpregistration@gov.nl.ca.

Mental Health Supports

If you are feeling isolated and alone during COVID-19, you are encouraged to reach out and speak with a trained mental health peer supporter. Call the Provincial CHANNAL Warm Line at **1-855-753-2560** 9:00am to 12:00am daily. If you are experiencing a mental health crisis, you should call the Provincial Mental Health Crisis Line at **1-888-737-4668**, available 24 hours a day, or use the **Crisis Text** service by texting **686868**.

Kids Help Phone provides professional counselling, information, referrals and text-based support 24/7 in English and French. Call **1-800-668-6868**, Text **CONNECT to 686868** or Live Chat at kidshelpphone.ca.

Tenants

Tenants cannot be evicted if they have a lost income because of COVID-19.

*This document is intended to be a quick access resource to help identify possible provincial and federal supports
*Updated as of April 2, 2020 **Document will be updated and distributed weekly
*** All information collected and provided in this document was sourced from publicly available websites*



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[Information for Businesses](#)

Atlantic Canada Opportunities Agency

Businesses that are impacted by sudden shifts in the economy are strongly encouraged to get in touch with ACOA officials at **1-800-668-1010**.

Supports for Small Business

Loan payments on business loans administered by the Innovation and Business Investment Corporation are deferred by three months. Workers safety training certificates that expired since February 28, 2020 have been extended to June 30, 2020, with workers having to recertify by August 30, 2020.

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