**Resource List**

**Please note:** this is a summary of resources to be shared as you wish with students during this challenging time. Please know that you can provide the whole list to a student, but you can also ‘cut and paste’ some of the supports you think a student might benefit from so that they are not overwhelmed. This is not an exhaustive list of resources, and there may be changes to services provided in days to come.

If you wish to consult further regarding these resources or refer a student you may contact. We are here to be of help during these challenging times.

Jodie Schoenbeck, Student Support Case Manager

Phone: 204-227-2065

Email: jodie.schoenbeck@umanitoba.ca

Jesse Singer, Student Support Case Worker

Phone: 204-474-7698

Email: jesse.singer@umanitoba.ca

**MENTAL HEALTH SUPPORTS**

*\*Free counselling support over the phone for students.*

* **EMPOWER ME** 24-hour line 1-844-741-6389 *(multi-lingual)*
* **ADAM SUPPORT LINE** (204) 925-0600 *(9 am-9 pm weekdays, 10 am-4 pm weekends*)
* **Aulneau Renewal COVID 19 Wellness Check**

Register at <https://aulneau.com/covid-19-update/>

* **LIMINAL SPACE THERAPY** 204-799-3806 or 204-290-5165 (5 PM-7 PM weekdays, anytime on weekends)
* **SARA Riel Inc. SENECA SERVICES** 24-hour peer support line 204-231-0217 or

204-942-9276

* **KIDS HELP PHONE** 24/7 Text Connect to 686868 to connect to a Crisis Responder or Call 1-800-668-6868
* **Klinic Crisis Line** 24/7 Call 204-786-8686 or toll free 1-888-322-3019

\*For tips on staying well during COVID-19 you can access information at the student counselling center at [http://umanitoba.ca/student-supports/counselling-resources-emotional-wellness-covid-19#](http://umanitoba.ca/student-supports/counselling-resources-emotional-wellness-covid-19)

**HOUSING, FOOD, and DAILY LIFE SUPPORTS**

* **HARVEST FOOD BANK** call the emergency food line at 204-982-3660 or visit their website for more information at <https://winnipegharvest.org/>
* **AGAPE TABLE** provides $1 or free breakfast and has a foodbank. Monday to Friday from 8:00 am – 10:30 am. Located at 364 Furby Street. Contact at 204-786-2370 or find more information here <https://www.agapetable.ca/>
* **OAK TABLE** provides free lunch service Mon- Thurs between 11 am – 3 pm. Located at 109 Pulford Street. Find more information at http://www.oaktable.ca
* **HELP NEXT DOOR** is a Winnipeg organization made up of local volunteers. You can seek help or volunteer. Find information and apply at [**https://helpnextdoormb.ca**](https://helpnextdoormb.ca)
* **MA MAWI WI CHI ITATA CENTRE INC.** for emergency supplies of food, basic sanitary needs, baby needs. *9 am – 7 pm weekdays, 9 am-4 pm weekends*
	+ Call McGregor location at 204-925-0330/204-925-6816 or

Spence location at 204-925-0352/204-925-0348

* **STUDIO CENTRAL – URBAN ARTS CENTRE** supports mental health in the community through art. See their Facebook page for daily videos on various art lessons and activities.
* **ACTIVE LIVING CENTRE** is providing online workout videos for while you are at home. To access subscribe to UofMRecServices at youtube.com
* **CareMongering-Winnipeg Community Response to COVID 19** is a Facebook group that provides daily information on local resources. It is a public group and anyone can join.

**FINANCIAL SUPPORTS**

**LOCAL**

*\*all three listed below are available for both international students, Permanent Residents and Canadian citizens*

* **COVID 19 UM Student Emergency Fund**
	+ Find more information and applications here<http://umanitoba.ca/student/fin_awards/pandemic-relief-fund.html>
* **USMU HEALTH AND DENTAL PLAN** provides coverage for 80% of all prescribed medications up to $10,000.00 or covers the MB Pharmacare deductible. Find information at <http://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_Health_HealthCoverage_PrescriptionDrugs>
* Individuals are encouraged to ask banks, and other financial institutions for deferred payment plans at this time.

**PROVINCIAL**

* **Employment Income Assistance** – provincial program to assist with rent, food, life costs if you have no employment *\*only available for Canadian Citizens or Permanent Residents*
	+ Apply online now at <https://forms.gov.mb.ca/PILOT/EIAApplication/>
	+ Download forms and get program information at <https://www.gov.mb.ca/fs/eia/>
	+ Call 204-948-2888 or 1-855-944-8111 (toll free outside Winnipeg) to register or you can email eia@gov.mb.ca.
* **Rent Assist –** is available for those on EIA and individuals/families working in certain income levels *\*only available for Canadian Citizens or Permanent Residents*
	+ Non-EIA Rent Assist contacts are 1-204-948-7369 or 1-877-587-6224 (toll free) or email incsup@gov.mb.ca
	+ Find program information at <https://www.gov.mb.ca/fs/eia/non_rentassist_facts.html>
	+ Download Non-EIA Rent Assist Application Form at <https://www.gov.mb.ca/fs/eia/pubs/rentassist_appform.pdf> and Direct Deposit Form at

<https://www.gov.mb.ca/fs/eia/pubs/direct_deposit_form1.pdf>

* **Pharmacare** –for information on how to apply for this during the pandemic get info at <https://www.gov.mb.ca/health/pharmacare/apply.html>
* **Neighbors Helping Neighbors, MB Hydro Program** – assistance for paying utility bills *\*Available for Canadian Citizens, Permanent Residents and international students*
	+ Contact at 1-204-949-2106
	+ Find program information at <https://www.hydro.mb.ca/community/neighbours_helping_neighbours/>

**FEDERAL – CANADA’s COVID 19 Economic Response Plan**

* **Individual/Family Supports** on GST, Child Tax Benefit and Income Tax, Mortgage Support, moratorium on Canadian Student Loans and the New Canada Emergency Response Benefit (CERB). *\*Available for Canadian citizens and permenant residents. Unclear at this time if it applies to international students. Will update as new information is provided.*
	+ Find more information at <https://www.canada.ca/en/department-finance/economic-response-plan.html>
	+ Find Fact sheet for CERB at <https://www.unifor.org/sites/default/files/documents/document/covid-19_cerb-2020.03.30-en.pdf>