

## **Community Resource Guide for Difficulties During COVID 19.**

### **HEALTH**

#### **Thunder Bay District Health Unit**

For information or questions call Melanie at our local office: 825-7770 \* Melanie is the person to call for questions on self-isolation as well. The TBDHU website has a great deal of information:

<https://www.tbdhu.com/coronavirus>

Telehealth Ontario: 1-866-797-0000 is a good resource if you are experiencing symptoms

You can also find a self-assessment link on the website or directly at: <https://covid-19.ontario.ca/self-assessment/#q0> . The self-assessment will also give you direction on what to do depending on your symptoms.

After 4:30 pm and on weekends and holidays you can reach the Health Unit in Thunder Bay at (807) 625-5900 or toll free at 888-294-6630.

#### **NSFHT**

NSFHT allied health care professionals Chelsea Cole RPN and Andrea Kennedy RD are available to answer diabetes care and dietitian questions, call your Doctor's office and they will have them call you.

Doctor's and NP will be offering telephone appointments and then assessing if you need to have a physical visit. Please call your Doctor's office.

### **MENTAL HEALTH**

#### **North of Superior Programs**

Phone support counselling, local office: 824-3236

North of Superior Staff are also available to support parents in this time of uncertainty and social distancing as this can be hard on the family unit.

#### **Dilico – Anishinabek Family Care**

Phone in Counselling and cultural services: Mon, Wed & Fri. 807-629-7554 (9:00-4:30); Tues & Thurs. 807-624-7908 (12:00-7:30).

#### **Northshore Family Health Team**

Social worker phone support for Schreiber & Terrace Bay call your Doctor's office: 824-2934 or 825-3235 and they will have social worker contact you.

[www.northshorefamilyhealthteam.ca](http://www.northshorefamilyhealthteam.ca) or Facebook page for supportive resources

**PACE** - Phone support, local office: 824-1362

## **MUNICIPAL**

### **Township of Terrace Bay**

Open for phone calls only 825-3315

[www.terracebay.ca](http://www.terracebay.ca) or check out Facebook page; especially section titled "Take Care Terrace Bay"

### **Township of Schreiber**

Open for phone calls only: 824 -2711

[www.schreiber.ca](http://www.schreiber.ca) or check out Facebook page

## **OTHER SUPPORTS**

### **Foodbank- Northshore Harvest Cupboard**

Schreiber –                      Aida – 824-2013 or                      Linda- 824-2462

Terrace Bay                      Pat – 825-2642 or                      Louise- 825-9079

### **Financial Assistance -Ontario Works**

You can call Lisa Nesbitt at the local Ontario Works office at 824-1369 ext 1 or visit the website at:

<https://www.tbdssab.ca/ontario-works/>

### **Service Ontario**

<https://www.ontario.ca/> or call the local office at: 825-2765

### **NSFHT**

Katie Freeman our social worker can also help walk you through applying for E.I. and other programs over the phone. Just call the Dr's office and ask them to have her call you.