**COVID-19**

**Health Information**

**BC Covid-19 Self-Assessment Tool:**

The government of BC has created this self-assessment tool. Individuals concerned that they have symptoms of covid-19 should not present to doctors’ offices/ER’s/urgent cares, but should complete this self-assessment. After completing the assessment, the individual will be provided with guidance on whether to self-isolate or seek testing & treatment.

<https://covid19.thrive.health/>

**BC Centre for Disease Control:**

General information, information on number of confirmed cases, testing & assessment information.

<http://covid-19.bccdc.ca/>

**Government of Canada Health:**

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

**BC Government:** COVID-19 response, latest updates.

<https://news.gov.bc.ca/ministries/health>

**Fraser Health:**

General information and testing and assessment procedures within the Fraser Health region. <https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.XnKc0ohKjcs>

**Burnaby Primary Care Network Covid-19 Website:**

The primary care network in Burnaby has created a consolidated website specific to the Burnaby response to Covid-19. Residents of Burnaby concerned that they have symptoms of covid-19 should be referred to this website.

<https://www.burnabycoronavirus.com/>

**Vancouver Coastal Health:**

General information and testing and assessment procedures within the Vancouver Coastal Health region.

<http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus>

**Health Link BC:**

<https://www.healthlinkbc.ca/>

**Health Link Resources in other languages**

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

**Office of the Provincial Health Officer** – 2019 Novel Coronavirus (COVID-19) B.C. Public health guidance for schools and child care programs.

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/covid-19-guidance-for-schools-childcare-programs.pdf>

**World Health Organization (WHO)**Covid-19 quick links, scam alerts, advice for the public, announcements, and more.<https://www.who.int/>

**Mental Health Resources**

**Managing COVID-19 Stress, Anxiety and Depression:**

<https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf>

**Options Community Service:**   
<https://www.options.bc.ca/program/fraser-health-crisis-line>

**Crisis Centre:**  
<https://crisiscentre.bc.ca/>

**Kelty Mental Health Resource Centre:**  
[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**Here to Help Resource Library:**  
<http://www.heretohelp.bc.ca/self-help-resources>

**Isolation Support**

**Moving Forward Family Services:**

Free Phone Counselling for those in Self Isolation. Provided in English, Mandarin, Arabic, Cantonese, Farsi, Hindi, Punjabi, Tagalog.

To access this service, call and leave a message, requesting telephone support, at 778-321-3054 or by email at [counsellor@movingforwardfamilyservices.com](mailto:counsellor@movingforwardfamilyservices.com)

**Family Support Institute of BC:**

Providing 1:1 or group support to families of children with additional support needs via phone, text message, or zoom.

To access services call directly at 604-540-8374 or toll free at 1-800-441-5403.

<https://familysupportbc.com/>

**Cameray Child & Family Services:**

Parent support program available via telephone, groups will be resuming via Zoom.

Call 604-436-9449.

**Information Children Parent Helpline:**

Call and leave a message. Calls will be returned within 1-2 working days. Please note this is not a crisis line, and is a support helpline for parents needing assistance with parenting, stress, resources etc.

Call 778-782-3548

**Mind Heart Resource** for families to help explain (CODVI-19) in a child friendly term.

<https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf>

**S.U.C.C.E.S.S.**Immigration Settlement and Integration Programs (ISIP) has updated public contact details to assist newcomers and refugees. Our teams are readily available to answer many questions, and assist clients in a number of languages:

Arabic: 236-880-3048  
Korean: 236-880-3071  
Vietnamese: 236-880-3250  
Chinese: 604-889-2486  
Farsi: 236-880-3483  
Japanese: 236-880-3392  
Tagalog: 236-838-5782  
Punjabi: 604-362-0216

<https://isiponline.ca/services/overview>