

NEWFOUNDLAND & LABRADOR

COVID Social Resource Connector

This listing of resources complements the "COVID-19 Social Care Guidance" (available at upstreamlab.org/covid19) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately (upstreamlab@smh.ca) if you are aware of new resources or have concerns about any specific resource.

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Resources

Food Resources

Food Banks

Please call [811](tel:811) to be directed to local supports for food security, including access to food delivery, food banks and meals programs.

Visit www.foodfirstnl.ca/covid19 for a listing of food programs and resources by community.

Homelessness Resources

Emergency Shelters

Iris Kirby House

Description: Shelter for women and children experiencing domestic violence.

Contact: 709-753-1492

<http://iriskirbyhouse.ca>

Stella's Circle Community Services

Description: Shelter for all

Contact: 709-738-8390

Location: 142 Military Road, St. Jon's, NL

<https://stellascircle.ca/>

Legal Resources

PLIAN Legal Information Line/Lawyer Referral Service

Description: committed to providing legal information and education services to all Newfoundlanders and Labradorians,

Hours: Mon-Fri 8:30am-1:30pm

Contact: 1-888-660-7788 or 709-722-2643; Email: info@publiclegalinfo.com

<https://publiclegalinfo.com/covid-19-legal-information/>

PLIAN Journey Project/Sexual Violence Legal Support Service

Contact: 1-833-722-2805; support@journeyprojectnl.com

<https://publiclegalinfo.com/the-journey-project-covid-19-response/>

Government of NL Family Justice Services

Contact: While offices are currently closed to public access during the current COVID-19 situation, you may call the main office nearest you, during regular office hours, and your call will be returned within 48 hours. Call 709-729-1183 (Avalon); 709-256-1205 (Central); or 709-634-4174 (Western/Labrador).

[https://court.nl.ca/supreme/family/pdf/covid 19 - \(fjs\) custody and access information.pdf](https://court.nl.ca/supreme/family/pdf/covid%2019%20-%20(fjs)%20custody%20and%20access%20information.pdf)

Government of NL- Legal Aid NL

Contact: 1-800-563-9911; nlac@legalaid.nl.ca

Well-being Resources

Social Isolation

Telephone Reassurance and Safety Checks (Canadian Red Cross)

Description: Safety and well-being checks and friendly voice for much-needed social interaction between 8am and 8pm daily.

Contact: 1-800-863-6582

SeniorsNL

Description: For seniors and individuals who support seniors, for information or just to talk.

Contact: 1-800-563-5599; info@seniorsnl.ca

Provincial CHANNAL Warm Line

Description: If you are feeling isolated and alone, reach out and speak with a trained mental health peer supporter from 9am to 12pm daily.

Contact: 1-855-753-2560

Interpersonal Violence

Sexual Assault Crisis Line

Contact: 709-726-1411

NFLD Sexual Assault Crisis and Prevention Centre

Description: This service will remain available toll-free, province-wide 24 hours a day at 1-800-726-2743. Callers will be connected with an empathetic, non-judgmental volunteer who can offer confidential emotional support, information, and resources as needed.

Contact: 1-800-726-2743

<https://endsexualviolence.com/>

Kids Help Phone

Description: Offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

ShelterSafe

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

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

First Nations and Inuit Hope for Wellness Help Line

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24 hours per day, 7 days per week in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

hopeforwellness.ca