

MARCH, 2020



## COVID-19 Essential Durham Resources

### **24-hour helplines** \*If EMERGENCY CALL 911\*

Durham Mental Health Services: 1-800-742-1890

Kids Help Phone: 1-800-668-6868

Distress Centre Durham: 1-800-452-0688

### **FOODBANKS**

For further information about FOOD LOCATION AND FOOD BANKS in your area go to: <https://feedtheneedindurham.ca/active-member-agencies/>

### **MEDICAL**

Cover Health - Virtual Walk-in Clinic <https://cover.health/>

Durham Doctor - House Call Service 905-619-6641

### **OHIP coverage/uninsured:**

“To ensure that anyone in need of care can receive it, Ontario is waiving the three-month waiting period for Ontario Health Insurance Plan (OHIP) coverage. Additionally, the province will cover the cost of COVID-19 services for uninsured people who do not meet the criteria for OHIP coverage.”

### **COMMUNITY SERVICES AND OUTREACH**

<https://gapcommittee.ca/2020/03/20/street-outreach-teams/>

<https://www.durham.ca/en/regional-government/covid-19-community-resources.aspx#>

<https://gapcommittee.ca/2020/03/20/drop-in-centres/>