



BULLETIN

TRANSPORTATION DISTRICT 140 DISTRICT DES TRANSPORTS 140

*International Association of Machinists and Aerospace Workers
Association internationale des machinistes et des travailleurs et travailleuses de l'aérospatiale*

TO ALL IAMAW MEMBERS EMPLOYEE AND FAMILY ASSISTANCE PROGRAM CANADIAN EFAP RESOURCES

Dear Sisters and Brothers,

To all IAMAW members in Transportation District 140, I would first like to thank all of you who continue to go to work throughout all that is going on in our world. Without your efforts during these difficult times Canada would have ground to a halt.

Going to work right now may bring up fears and concerns for your safety as well as that of your families. If you or any of your family members are experiencing difficulties dealing with your emotions, with financial difficulties due to income loss, or other conflicts that are brought on during this time, there are resources in Canada to help you and your loved ones.

The following list is comprised of some, but certainly not all, of the resources at your disposal throughout the county. I will list counselling first, followed by the financial resources.

Canadian Resources for Counselling

811 Telehealth

211 United Way

<https://www.crisisservicescanada.ca/en/>

<https://www.ementalhealth.ca/> (most provinces)

Provincial Services

British Columbia

<https://www.healthlinkbc.ca/mental-health-substance-use/resources/crisis-line>

<https://www.crisislines.bc.ca/>

Alberta

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

<http://canwetalk.ca/get-help-if-you-need-it/types-of-help/>

Saskatchewan

<https://www.saskhealthauthority.ca/news/stories/Pages/2019/January/Mental-Health-supports-only-a-phone-call-away.aspx>

<https://www.saskatchewan.ca/government/news-and-media/2019/august/13/free-mental-health-walk-ins>

VISIT OUR WEBSITE / VISITEZ NOTRE PAGE WEB – <http://www.iam140.ca>

Halifax – Tel/Tél. : 902-481-0077 Fax/Téloc.: 902-481-0079

Winnipeg – Tel/Tél. : 204-987-9254 Fax/Téloc.: 204-987-9252

Calgary – Tel/Tél. : 403-250-3708 Fax/Téloc.: 403-250-3707

Toronto – Tel/Tél. : 905-671-3192 (Toll free/Sans frais : 1-877-426-2948) Fax/Téloc.: 905-671-2114 (Toll free/Sans frais : 1-866-298-0369)

Vancouver – Tel/Tél. : 604-448-0721 (Toll free/Sans frais : 1-877-426-3140) Fax/Téloc.: 604-448-0710 (Toll free/Sans frais : 1-888-310-1688)

Montréal – Tel/Tél. : 514-336-3031 (Toll free/Sans frais : 1-888-992-1010) Fax/Téloc.: 514-336-3039 (Toll free/Sans frais : 1-866-800-3039)



Manitoba

<https://www.ementalhealth.ca/Manitoba/Crisis-Lines-including-Telephone-Online-and-Chat/index.php?m=heading&ID=21>

<https://www.gov.mb.ca/health/mh/crisis.html>

Ontario

<https://www.ementalhealth.ca/Ontario/Crisis/index.php?m=crisis>

<https://www.camh.ca/en/health-info/guides-and-publications/looking-for-mental-health-services>

Quebec

<https://amiquebec.org/>

Nova Scotia

<https://novascotia.ca/dhw/healthy-communities/suicide-prevention-help.asp>

PEI

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services>

New Brunswick

<http://www.chimohelpline.ca/>

Newfoundland

https://www.bridgethegapp.ca/adult/service-directory/service_directory_category/emergency/

Financial Resources

Employment Insurance wait times have been eliminated for those laid off due to COVID -19. However, due to the volume of Canadians being laid off, the queue to deal with your claim will be much longer than usual. <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>.

Canada Revenue Agency, yearly income tax deadline to file taxes has been extended to June 1, 2020. Also, the date for taxes to be paid has been extended to August 31 without interest.

<https://www.ctvnews.ca/health/coronavirus/the-tax-deadline-has-been-extended-due-to-the-covid-19-crisis-1.4858098>

Student loan and debt relief is available for those paying student loans

<https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Many IAM members have small businesses to supplement their income. The following link will help you apply for financial aid for your small business.

<https://www.canada.ca/en/services/business/maintaingrowimprovebusiness/resources-for-canadian-businesses.html>

If you are out of the country trying to get home, the government has created a loan program to help those needing to purchase flights, food and lodging.

<https://travel.gc.ca/assistance/emergency-info/financial-assistance/covid-19-financial-help>

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Halifax – Tel/Tél. : 902-835-3171 Fax/Télé.: 902-835-3841

Winnipeg – Tel/Tél. : 204-987-9254 Fax/Télé.: 204-987-9252

Calgary – Tel/Tél. : 403-250-3708 Fax/Télé.: 403-250-3707

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If you are in a position that your debt load is overwhelming, and you need help with consolidating your expenses, we have compiled a group of companies that consolidate debt and counsel you for debt management. Some of these companies are national and others are regional.

Credit Canada National <https://www.creditcanada.com>

Sands and Associates British Columbia <https://www.sands-trustee.com>

Farber British Columbia <https://www.afarber.com/covid-19-updates>

Money Mentors Alberta <https://moneymentors.ca>

Farber Alberta <https://www.afarber.com/covid-19-updates>

Credit Counseling Society Saskatchewan <https://www.nomoredebts.org>

LC Taylor Manitoba <https://lctaylor.com>

Farber Ontario <https://www.afarber.com/covid-19-updates>

Spergal Ontario <https://www.spergel.ca>

Pierre Roy Quebec <https://pierreroi.com/en>

Raymond Chabot Quebec <https://www.raymondchabot.com/en>

Credit Counselling Services Atlantic Canada <https://www.solveyourdebts.com>

The National Office for Transportation District 140 EFAP is located in Toronto, where I have access to counsellors that have worked with our members all across Canada. Working with your benefit plans, I can provide referrals to counsellors that provide services at a fee. If you or any of your loved ones are in need of these services, please do not hesitate to contact my office.

In solidarity,



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