

COVID-19 HEALTH RESOURCES

RESOURCE	LANGUAGES AVAILABLE
<p>TRANSLATED CONTENT FROM BC CDC http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/translated-content The BC Centre for Disease Control helps BC residents stay informed about current diseases, issues and topics. COVID-19 has been declared a global pandemic. Find information about the virus, how to protect yourself, your family and your community.</p>	<p>Simplified Chinese, Traditional Chinese, Farsi, French, Spanish, Punjabi, English</p>
<p>COVID-19 MULTILINGUAL RESOURCES FROM UBC https://digem.med.ubc.ca/covid-19-multilingual-resources/ A compilation of accurate, reputable resources and information about the COVID-19 crisis in multiple languages, assembled by UBC's Department of Emergency Medicine.</p>	<p>Chinese, South Asian, Farsi, Korean, Italian, and Tagalog.</p>
<p>COVID-19 RESPONSE COALITION https://www.c19help.ca/en/index A coalition of Metro Vancouver organizations and individuals have translated information about COVID-19.</p>	<p>Cantonese, Mandarin, Vietnamese and Tagalog.</p>
<p>SOCIAL DISTANCING POSTER FROM BC CDC http://www.bccdc.ca/Health-Info-Site/Documents/PhysicalDistancing_Farsi.pdf http://www.bccdc.ca/Health-Info-Site/Documents/PhysicalDistancing_SimplifiedChinese.pdf</p>	<p>Farsi, Simplified Chinese</p>
<p>CORONAVIRUS DISEASE AWARENESS RESOURCES FROM PHAC https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html Awareness resources available in different languages in addition to fact sheets, infographics and videos with key public health advice. Tip: To download a PDF in additional languages, click on the topic first and then, under the pdf download button on the right hand side, hit "Please select a language". The page "Information for Indigenous Communities" also have translations in various Indigenous languages.</p>	<p>20+</p>
<p>CORONAVIRUS DISEASE HEALTHLINK BC https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19 This website provides a range of COVID health PDF resources in a total of 10 languages.</p>	<p>10</p>
<p>UMBRELLA MULTICULTURAL HEALTH CO-OP RESPONSE https://umbrellacoop.ca/covid-19-response/ The Umbrella Multicultural Health Co-Op has created resources with information on basic COVID-19 recommendations in multiple languages.</p>	<p>English, Arabic, Dari, Tigrinya and Spanish</p>

MENTAL HEALTH RESOURCES

RESOURCE	LANGUAGES AVAILABLE
<p>HERE TO HELP BC https://www.heretohelp.bc.ca/other-languages</p> <p>This page, offers fact sheet PDFs in multiple languages for easy download. These fact sheets were developed and tested through a community process to make sure the translations are accurate as well as sensitive.</p>	Simplified Chinese, Traditional Chinese, Farsi/ Dari, French, Korean, Punjabi, Japanese, Vietnamese
<p>CAMH FACTSHEETS https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/information-in-other-languages</p> <p>This website provides multi-language information on mental illness to people for whom English is not a first language and professionals who work with clients from culturally and linguistically diverse background.</p>	Over 20
<p>KELTY MENTAL HEALTH RESOURCE CENTRE https://keltymentalhealth.ca/resources</p> <p>The Kelty Mental Health Resource Centre has a range information and different mental health resources available.</p>	French, Punjabi, Chinese (Simplified & Traditional), Farsi, and Korean
<p>MMHRC http://www.multiculturalmentalhealth.ca/en/</p> <p>The MMHRC provides resources to support culturally safe and competent mental health care for Canada's diverse population.</p>	Over 100
<p>IMMIGRANT EDUCATION SOCIETY MINDFULNESS AND SELF-HELP https://www.immigrant-education.ca/covid19-mindfulness/</p> <p>If you find yourself spending too much time reading about COVID-19 recently, and can't help feeling stressed out – so much so that you cannot live a normal life like before - you might want to try practicing Mindful S.T.O.P!</p>	Chinese, Arabic, Punjabi, Nepali, Hindi
<p>PYSCHOLOGY TOOLS: LIVING WITH WORRY AND ANXIETY AMIDST GLOBAL UNCERTAINTY https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/</p> <p>This website offers a mix of psychoeducation about normal and excessive worry, a selection of practical exercises that you – or your clients- can use to manage worry and maintain well-being in these uncertain times.</p>	Over 30

OTHER RESOURCES

<p>GOVERNMENT OF CANADA COVID-19 FINANCIAL ASSISTANCE https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/financial-assistance.html</p> <p>This website offers information about financial assistance benefits for newcomers, temporary residents, and refugees - including Canada Emergency Response Benefit, Canada Child Benefit and Employment Insurance - in multiple languages.</p>	10
<p>COVID-19 RESOURCES FOR SPONSORS AND NEWCOMERS - REFUGEE SPONSORSHIP TRAINING PROGRAM https://www.amssa.org/wp-content/uploads/2020/04/COVID-19-Multi-Language-Resources.pdf</p> <p>Catholic Crosscultural Services' Refugee Sponsorship Training Program (RSTP) has compiled multi-lingual resources for sponsors and newcomers.</p>	28+
<p>CERB SCAM WARNING FROM CRA</p> <p>https://nsms.ca/wp-content/uploads/2020/05/CRA-Scams-Chinese-1.pdf https://nsms.ca/wp-content/uploads/2020/05/CRA-Scams-Farsi-1.pdf https://nsms.ca/wp-content/uploads/2020/05/CRA-Scams-Tagalog-1.pdf</p>	Chinese, Farsi, Tagalog